

SUNRISE BREAKFAST

Ingredients:

- 7 cups Oatmeal
- 1 ¼ cups wheat germ
- 1 ¼ cups coconut
- ½ cup brown sugar (add more or less to taste)
- 2 tsp. Vanilla
- 2/3 cup water
- ½ cup oil
- 1 cup chopped nuts (almonds, walnuts, pecans)
- ½ cup dates, chopped (optional)
- 1 tsp. Salt (optional)

Method:

Mix dry ingredients in gallon-size bowl.

Combine liquid ingredients in separate bowl, mixing well.

Slowly add liquid mixture to dry ingredients, mixing thoroughly with each addition.

Spread thinly on four large cookie sheets and bake at 250° to 300° F for 1 ½ hours, mixing after each half hour. Add dates, raisins, or dried apricots, etc., and bake an additional half hour.

Remove from oven and cool. Store in air tight container.

(Serves, 22, & makes 11 cups)



What's in the Menu?

Maple Wesley