

# Herbal Legacy Recipes

## Maple Walnut Granola

Recipe from The Physician's Committee for Responsible Medicine ([www.pcrm.org](http://www.pcrm.org))

Yield: About 6 cups

### **INGREDIENTS:**

- 3 cups rolled oats
- 1 cup wheat germ
- 1/2 cup chopped walnuts
- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/4 cup sesame seeds
- 1/4 cup maple syrup
- 2 tablespoons molasses
- 1 teaspoon cinnamon



### **DIRECTIONS:**

Preheat oven to 300°F.

Combine all ingredients in a large bowl and mix thoroughly.

Transfer to a 9- x 13-inch baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.

Tastes great with fresh fruit as a topping.

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<http://www.herballegacy.com/Recipes.html>

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