



Crunchy Flax Granola

1 cup butter
 $\frac{1}{4}$ cup honey
 $\frac{1}{2}$ tsp. salt

Melt together in a large pan

Add:

1 cup raisins
2 cups oatmeal
1 cup shredded coconut
 $\frac{1}{2}$ cup **Natunola® health's
delight Shelled Flax Meal**
1 cup **Natunola® health's
delight Shelled Flax Kernel**
 $\frac{1}{2}$ cup sunflower seeds
 $\frac{1}{4}$ cup blanched slivered almonds
 $\frac{1}{2}$ cup dates, chopped



Stir until well mixed. Pour into a slightly greased casserole dish or roasting pan.

Bake at 300°F for 30 minutes or until golden brown, stirring halfway through.

Yields approximately 15 servings.

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