

Naturally Harvest Medley Cereal

Ingredients:

   Oats – 6 cups

   Sliced Almonds – 2 cups

   Pumpkin Seeds – raw – ½ cup

   Shredded Coconut – 1 cup

   Soy Butter -2/3 cup

   Honey -2/3 cup

    Vanilla Extract- non alcoholic – 2 tablespoon

    Raisins –1 cup

Directions:

1. In large bowl, mix oats, coconut, nuts, pumpkin seeds.

2.  In small bowl, melt butter (do not allow to boil), then add honey to butter and stir together. Pour onto dry mixture.

3. Add vanilla.

4. Stir mixture together, evenly coating oats.

5. On oiled flat pan (corn or soy oil), spread mixture out evenly, cook at 200 degrees for 3-4 hours.

6.  After 3-4 hours, remove mixture from oven, let cool 30 minutes.

7. Place raisins in container, add cereal mixture on top, then stir mixture and raisins together, spreading raisins throughout.

8. Serve with rice/soy/almond milk.

Yields 6 containers of 2 servings each (12 servings)