

OATMEAL SPICE CRUNCH CEREAL

Ingredients:

2 cups rolled oats

$\frac{3}{4}$ cup soy flakes

$\frac{1}{4}$ cup chopped nuts

$\frac{1}{4}$ cup seeds (pumpkin or sunflower are great)

3-4 packets stevia

Cinnamon, nutmeg, cloves, ginger- to taste

2 tbsp. maple syrup (optional)

2 tbsp. virgin olive oil

1 cup dried fruit

How to Prepare:

Place oats, soy flakes, nuts and seeds in 9x13 pan. Toast at 350 degrees. DO NOT brown. Stir frequently to evenly toast. You will know it is toasted by looking at the nuts for browning. Mix spices, stevia, honey and oil together in a microwave safe dish or small sauce pan. Warm this mixture – DO NOT boil- mixing well. Pour over the dry ingredients. Mix together well. Return to the oven and continue toasting, stirring frequently.

Let cool on wax paper. Mix in the dried fruit when cool. Store in a air tight container. NOTE: This recipe is VERY flexible to accommodate your personal tastes. Suggestions include pecans & almonds; sunflower, pumpkin & flax seeds; raisins, apples, apricots, cranberries. Add more Stevia if desired.

Honey is a humectant (attracts moisture), so the cereal will get sticky after a few days, especially if you add dried fruit.