

**NUTTY GARLIC GRANOLA** - great healthy alternative to those afternoon snacks  
From Cooking and Baking with Fresh Ground Flour Cookbook

2 cups rolled oats (we use our Oat Flaker attachment to get the freshest flakes)  
2 cups flaked wheat  
¼ cup flaked rye  
¾ cup sunflower oil  
¼ cup olive oil  
½ cup parsley, chopped finely  
8 small garlic cloves, minced  
1 tbsp. salt  
1 Tbsp. Worcestershire sauce  
1 cup sunflower seeds  
1 cup almonds, chopped  
1 cup flax seed



Preheat the oven to 250 degrees F. Roll your oat groats, wheat and rye through the flaker attachment and set aside. In a sauce pan, heat the sunflower oil and olive oil over the low heat, adding the parsley, garlic, and salt. Continue to heat. Remove oil from heat and add Worcestershire sauce. Add the oil mixture to the flaked grains that have been placed in the Bosch bowl equipped with the dough hook and turn on speed one to mix well until all the ingredients are coated. Divide the mixture between two baking pans and bake until golden brown for about 50 min. Stir the mixture every 15 min. to get an even bake on it. During the last 10 min. add the sunflower seeds, almonds and flax seed. Place the mixture in a large bowl and toss and let cool. Store in an airtight at room temperature.

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