

Easy Granola for the Protein-Challenged

- 2 cups oats
- ½ cup wheat germ
- 2 Tbs. dark brown sugar
- ¼ tsp. salt
- ½ cup chopped walnuts
- ⅓ cup shredded coconut
- ⅓ cup flax seeds
- ¼ cup maple syrup
- 3 Tbs. flavorless oil
- 1 Tb. water
- ½ teaspoon ground cinnamon

Heat oven to 275 degrees F. Mix oats, wheat germ, brown sugar, salt, walnuts, coconut, and flax seeds in a bowl. Bring syrup, oil, water, and cinnamon to a simmer in a saucepan over low heat. Drizzle over oat mixture and stir to combine. Pour mixture onto a large pan. Squeeze handfuls of the cereal to form small clumps. Bake for 30 minutes.

Eat as is or sprinkle over yogurt or ice cream for dessert!