



## 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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