



Good Earth Cereal

Combine the following in a large bowl and mix well:

8 C Quick oats
2 C Oat or wheat bran
1 C Cornmeal
1 C Wheat germ
2 tsp Salt
1 C Chopped nuts

In a separate container mix together:

14 C Oil (optional)
1 12-oz Can unsweetened frozen apple juice
2 T Molasses
2 tsp Vanilla

Stir liquids into dry ingredients, mixing well and breaking up all lumps. Spread out evenly on 2 sprayed cookie sheets or in casserole dishes.

Bake at 250° for 75-90 minutes, stirring every 15-20 minutes to ensure even drying. If cereal starts browning too quickly, reduce oven temperature and finish cooking time.

Turn off heat and allow cereal to remain in the oven until cool to complete the drying process. Store in an airtight container in a cool, dry place.