

The Breaker's Granola

5 cups raw oatmeal
1 cup finely chopped walnuts
1 cup slivered raw almonds
1 cup finely chopped cashews
1 cup unsalted sunflower seeds
1/2 cup flax seed
1 cup finely chopped dry figs
1 cup finely chopped apricots (unsweetened if possible)
1/4 cup chopped coconut
2 cups unsweetened raisins
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

Source: Ed Young Ministries - http://www.edyoung.com/fast_recipes.php#top