

Soy Nut Trail Mix with Homemade Granola

2 cups soy nuts
2 cups honey-nut Cheerios
2 cups granola
2 cups raisins

1. Combine all ingredients in a large bowl and mix until evenly dispersed.

Granola

5 cups rolled oats
2 tsp. cinnamon
½ tsp. salt
2 egg whites
1/2 cup vegetable oil
1/3 cup honey
1/3 cup maple syrup
2 tsp. vanilla extract

2. Preheat oven to 300 F. Spray two baking sheets with nonstick cooking spray or line with parchment paper.
3. In a large bowl, whisk together oats, cinnamon, and salt.
4. In a separate bowl, beat the egg whites, oil, honey, maple syrup, and vanilla extract for about 30 seconds. Pour into oat mixture.
5. Mix until evenly distributed. Split granola evenly between two sheets, making a doughnut shape with no granola in the center.
6. Pat granola down with back of spatula.
7. Bake for 30-35 minutes or until golden, rotating the sheets halfway through the baking time. Let sit for 20 minutes before breaking into clumps.