April 9- Happy Crunch
Not Smart Snack

Recipe
Ingredients:
1 ½ cup rolled oats
2 Tablespoon sunflower seeds
4 Tablespoon sliced almonds
2 Tablespoon chopped pecans
2 Tablespoon raisins
1 ¼ Tablespoon honey
¼ teaspoon cinnamon
¼ teaspoon maple extract

Directions:
1. Preheat oven to 300°F.
2. On a foil lined baking sheet, mix all dry ingredients together except raisins.
3. Over medium heat combine honey, maple extract and cinnamon together in pot. Pour mixture over oats and stir with fork to lightly coat.
4. Bake for 15 minutes, until lightly toasted. Once removed from the oven stir in raisins and let cool.

Yield 4 servings