

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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| 3 cups uncooked quick-cooking oats | 3 cups soy cereal flakes or whole-grain cereal |
| 1 cup sliced unblanched almonds | 1/2 cup dried golden raisins |
| 3 Tbs margarine, melted | 1/2 cup dried cranberries or |
| 1 cup honey | 1/2 cup dried banana chips |
| 1/2 cup vanilla flavored soy protein powder mix | or pitted dates |
| 1 tsp cinnamon | 1/2 cup roasted soynuts |

Per 1 cup serving:

Calories:.....	363
Total fat:.....	12 g
Saturated fat:.....	2.4 g
Cholesterol:.....	0 mg
Sodium:.....	125 mg
Carbohydrate:.....	59 g
Protein:.....	11 g
Soy Protein:.....	7 g
Dietary Fiber:.....	6.4 g

Preheat oven to 325°F. Spread oats and almonds in single layer in 13x9-inch baking pan. Bake 30 minutes until lightly toasted, stirring frequently with wooden spoon. Remove pan from oven and set aside. Combine butter, honey, soy protein powder, and cinnamon in large bowl and blend well. Add oat/almond mixture and toss until completely coated. Spread mixture in single layer in baking pan. Bake 20 minutes or until golden brown. Cool completely. Break mixture into chunks. In a large bowl combine mixture, cereal, dried fruit and soynuts. Store in airtight container at room temperature for up to 2 weeks.

Yield: 12 cups