

Multigrain Granola

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12 Servings

- 3 1/4 cups rolled oats
- 1/2 cup sunflower seeds
- 1 cup bran, or crushed bran flake cereal
- 1/4 cup skim milk powder
- 1/4 cup shredded coconut
- 1 cup wheat germ
- 1/4 cup millet flour
- 1/4 cup almonds, sliced
- 1/4 cup soy bean flour, whole grain
- 1/4 cup barley flour, whole grain
- 1/4 cup flax flour, whole grain (or flax seeds)
- 2 teaspoons cinnamon
- 1/8 cup maple syrup
- 1/4 cup molasses
- 1/4 cup olive oil
- 1/2 cup honey
- 1/4 cup raisins
- 1/2 cup dried blueberries



Preheat oven to 300F.

Mix together all dry ingredients except raisins and blueberries.

Warm honey, olive oil, maple syrup and molasses, until it pours well. Pour gradually over other ingredients, stirring until well mixed.

Place in greased casserole dishes about 1-1.5" deep. Place in oven for 40-60 minutes (until fairly dry and slightly browned), stirring occasionally.

Remove from oven and let cool. Mix in blueberries and raisins. Currents also work well. Put in sealed container until ready to eat.

Migraine notes: Obviously, this recipe was developed for a migraineur, so it's generally migraine-friendly. Some people may want to cut out the almonds, and *very rarely* the raisins, blueberries or soy flour may be a problem. For most people, this will be a migraine-fighting recipe, helping balance your diet, keep stomach and gastrointestinal problems at bay. Oatmeal is a great migraine-fighter, and the wheat germ and whole grains are packed full of magnesium – a well known migraine fighter.

Note: Don't let the number of ingredients scare you off. The nice thing about this recipe is that you really can use what's in your cupboard, and experiment.

Start with the rolled oats and honey as a base, and go from there. Add more or less liquids or change cooking time for harder or softer granola (and bigger chunks). Try different spices, and different types of grains.

I like this granola by itself, or with yogurt. My kids like it too - to make (just pour and mix) and to eat. It's also nice with milk, or even mixed with other cereal. It's a great way to get some different grains into your diet that you wouldn't otherwise eat.

~ James Cottrill

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