

Natural Healing Express Weekly

Column 385 Summer, Sweet Summer

Well, the Fourth of July celebration in Stockton was certainly a wonderful event. Praise to all the great souls who work tirelessly to pull off such a wonderful fireworks, a great craft and vendor fair, car show, music and chicken BBQ. Of course, we are now partial to the cotton candy booth, but that's a whole 'nother story. I hope your holiday weekend was a joyous as it could be and you celebrated our country with love and respect.

Now that we are full on into summer, I thought it would be fun to share one of our family favorites' for getting up early and making haste to get to our various and fun-filled events. If you are a slow starter, this one packs a powerful punch that will have you up and running in no time.

Summer Granola

Ingredients – 3 cups rolled oats, $\frac{3}{4}$ cup wheat germ, 10 ounces of your favorite nut or blend of nuts (chopped), $\frac{3}{4}$ cup flaked coconut (1 sometimes substitute fresh coconut but add it in last), 1 cup sunflower seed nuts, $\frac{3}{4}$ cup pumpkin seeds, $\frac{1}{2}$ tsp. sea salt, 3 tbsp. of maple syrup, $\frac{1}{2}$ cup water, 8 ounces of dried fruit (we mix various fruits together as we all have different tastes regarding fruit), whole flaxseed (if you like flaxseed).

Preheat oven to 400 degrees. Combine everything except water, maple syrup and dried fruit. (If you use fresh coconut, hold that back as well). Place in a roasting pan. In a separate bowl, stir together water and maple syrup. Drizzle evenly over the roasting pan. Stir. (You will get some clumps, that's all good).

Roast the granola for 15 minutes or until it turns golden brown. Stir if needed. Chop your dried fruit (and coconut) and add to granola. Cook five more minutes. Cool granola and enjoy your power snack!

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express