

CELEBRATING A
LEGACY
OF ADVENTIST
HEALTH CARE

The recipe for granola has changed quite a bit over the last 100 years, but our commitment to your good health has not. From our family at Avista Adventist Hospital to your family, we hope you enjoy this recipe.

Avista Adventist Hospital's Favorite Granola Recipe

Courtesy of Becky Barts



Ingredients

- 14 cups rolled oats
- 2 cups wheat germ
- 2 cups coconut
- 1 cup chopped nuts
- 2 teaspoons salt
- 1 cup brown sugar
- 1 cup hot water
- 1 cup oil
- 2 tablespoons vanilla

Directions

Preheat oven to 250 degrees F.

In a large bowl, combine the oats, wheat germ, coconut, salt and brown sugar.

In a separate bowl, mix the hot water, oil and vanilla. Combine both mixtures and stir well. Place on two large baking sheets. Bake for two hours, stirring every 20 minutes to achieve an even color.

Remove from oven, cool and enjoy!

Pioneering Good Health

Since we first opened our doors in 1895 as the Colorado-Boulder Sanitarium, we've held the belief that prevention is best cure for sickness. At a time when smoking was considered the acceptable treatment for tuberculosis, we changed the course of medicine by pioneering health practices such as daily physical exercise, a healthful diet, rest, good hygiene and fresh air.

Pioneering Health Food

In response to the meat-laden diets of the times, Seventh Day Adventist and founder of the Colorado-Boulder Sanitarium, Dr. John Harvey Kellogg created a healthful cold cereal made of flour, oatmeal and cornmeal. He called his creation "granola" and was soon selling two tons of it a week. He later went on to invent peanut butter and the cereal flake, which led to the Kellogg's cereal empire.

Pioneering Whole Health

Our approach to caring for the whole person, and not just treating illness, was revolutionary in the 1800s. It's now the foundation for today's health care practices. We remain committed to nurturing the physical, emotional and spiritual needs of every person in our care.

Avista Adventist Hospital

 Centura Health.

