

NUTTY GRANOLA

Try this crunchy granola over yogurt, or as cereal with milk.

Makes 4 cups. Serving size is ½ cup.

INGREDIENTS

Cooking spray

1 Tablespoon vegetable oil

3 cups old-fashioned rolled oats

1 cup chopped nuts (almonds, pecans, walnuts or any combination)

½ cup honey or maple syrup

¼ tsp. salt

¼ tsp. ground cinnamon

½ cups raisins or any other dried fruit (optional)

DIRECTIONS

Preheat oven to 300F. Cover a large baking sheet with aluminum foil and coat with cooking spray.

In a medium bowl, combine all the ingredients, mixing well to coat everything with the honey. Spread on the baking sheet and bake until golden brown, stirring occasionally, about 30 minutes.

Transfer the sheet to a wire rack and let cool completely. Store in the refrigerator in an airtight container for about 2 weeks.

NUTRITION FACTS

Calories: 298

Calories from fat: 113

Fat: 12.5gm

Sat. Fat: 1.9gm

Protein: 7gm

Carbohydrates: 42.6gm

Fiber: 4.7gm

Cholesterol: 0mg

Sodium: 191mg