

Grab Granola

Number of Servings: About 8

Ingredient

| | |
|----------|-----------------------|
| 1 ½ cups | rolled oats |
| ¼ cup | flaxseed, ground |
| 2 Tbsp. | walnuts, chopped |
| 2 Tbsp. | almonds, slivered |
| 2 tsp. | cinnamon, ground |
| 1/3 cup | orange juice, no pulp |
| 1/3 cup | honey |
| ¼ cup | brown sugar, packed |
| 2 tsp. | canola oil |
| 1 tsp. | vanilla extract |
| 1/4 cup | raisins |
| | cooking spray |

Nutrients per serving

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size About 1/4 cup (51g) | |
| Servings Per Container About 8 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 35 |
| % Daily Value* | |
| Total Fat 4g | 6% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 30g | 10% |
| Dietary Fiber 4g | 16% |
| Sugars 16g | |
| Protein 4g | |
| Vitamin A 0% | • Vitamin C 4% |
| Calcium 2% | • Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

1. Preheat oven to 300 degrees F.
2. Combine oats, flaxseed, walnuts, almonds, and cinnamon.
3. In a medium saucepan, combine orange juice, honey and brown sugar. Cook over medium heat until sugar dissolves. Be sure to stir frequently. Remove from heat; stir in oil and vanilla.
4. Pour over oat mixture and combine to coat evenly.
5. Spread a thin layer of mixture in a baking pan coated with cooking spray.
6. Bake for 10 minutes, stir and bake for an additional 10 minutes or until the mixture is a golden brown.
7. Place in a mixing bowl and add raisins.
8. Cool completely and serve.

This recipe can be part of a well balanced food plan.

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