



August 21- Almond and Fruit Granola

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=885656>

Recipe

Ingredients:

- 2 ½ cups rolled oats
- ¾ cups raisins, not packed
- ¾ cup cranberries, dried, sweetened
- 1 cup almonds, sliced
- ¼ cup brown sugar
- 1/8 teaspoon cinnamon
- ¼ cup vegetable oil
- ¼ cup honey
- 4 teaspoon vanilla extract

Directions:

1. Preheat oven to 300°F. Lightly spray large baking sheet with nonstick spray.
2. Mix oats, almonds, raisins, cranberries, brown sugar and cinnamon in large bowl.
3. Combine oil and honey in small saucepan; bring to simmer over medium heat. Remove from heat; stir in vanilla.
4. Pour hot liquid over oat mixture; stir well. Using hands, toss mixture until thoroughly mixed.
5. Spread granola on prepared baking sheet. Bake for 30 minutes, stirring occasionally.
6. Store in airtight container.

Yield 16 servings

Nutrition Facts

Serving Size 1/2 cup (45.8g)
Servings Per Container 16

Amount Per Serving

Calories 190 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **11%**

Sugars 15g

Protein 4g **7%**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.