



## March 16- Banana Nut Granola

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=930553>

### Recipe

*Ingredients:*

- 1 cup raw almonds
- 1 small ripe banana
- ½ cup honey
- 5 cups barley flakes
- 5 cups old-fashioned oats
- ½ cup ground flaxseed
- ½ cup unsweetened coconut (optional)
- 1 Tablespoon ground cinnamon

*Directions:*

1. Preheat oven to 350°F.
2. Place the almonds in a food processor and process until finely ground. Add banana and syrup and process for a minute, until ingredients are smooth and pourable.
3. Place oats and barley in a large bowl, then pour on the banana mixture. Mix well.
4. Spread on baking sheet and bake for 30 minutes, stirring every 10 minutes.

Yield 16 servings

### Nutrition Facts

Serving Size 1/2 cup (67.99g)  
Servings Per Container 16

#### Amount Per Serving

**Calories** 260      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **13%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 60mg      **2%**

**Total Carbohydrate** 41g      **14%**

Dietary Fiber 6g      **25%**

Sugars 12g

**Protein** 7g      **14%**

Vitamin A 6%      •      Vitamin C 0%

Calcium 4%      •      Iron 30%

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