



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.