



September 3- Cinnamon Vanilla Granola

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cinnamon-vanilla-granola>

Recipe

Ingredients:

- 2 Tablespoons honey
- ½ cup water
- 2 Tablespoons vegetable oil
- 4 cups uncooked rolled oats
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Directions:

1. Preheat oven to 275°F.
2. Mix honey, water, vegetable oil, vanilla extract, cinnamon, and salt in a large bowl.
3. Stir in oats; mix well.
4. Spread mixture on a cookie sheet, making a thin layer.
5. Bake for 20 minutes. Remove from oven, stir mixture well and return to oven.
6. Bake 20 more minutes and stir as before.
7. Bake 5-20 more minutes, until granola is golden brown.
8. Break into small pieces with spatula.
9. Cool and then store in a covered container.

Yield 8 servings

Nutrition Facts	
Serving Size 1/2 cup (34.66g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 3g	7%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	