



April 9- Happy Crunch

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=340805>

Recipe

Ingredients:

- 1 ½ cup rolled oats
- 2 Tablespoon sunflower seeds
- 4 Tablespoon sliced almonds
- 2 Tablespoon chopped pecans
- 2 Tablespoon raisins
- 1 ¼ Tablespoon honey
- ¼ teaspoon cinnamon
- ¼ teaspoon maple extract

Directions:

1. Preheat oven to 300°F.
2. On a foil lined baking sheet, mix all dry ingredients together except raisins.
3. Over medium heat combine honey, maple extract and cinnamon together in pot. Pour mixture over oats and stir with fork to lightly coat.
4. Bake for 15 minutes, until lightly toasted. Once removed from the oven stir in raisins and let cool.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 cup (55.05g)
Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 32g **11%**

Dietary Fiber 5g **19%**

Sugars 9g

Protein 6g **13%**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

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