



January 27- Peanut Butter Granola

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2041003>

Recipe

Ingredients:

- 2 Tablespoon peanut butter
- 2 Tablespoon honey
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 cup quick oats

Directions:

1. Preheat oven to 325°F. Spray cookie sheet with cooking spray.
2. Combine peanut butter and honey in a bowl and microwave until peanut butter melts; stir.
3. Stir cinnamon and vanilla into peanut butter mixture. Add oats and stir until oats are completely covered by mixture.
4. Spread oats onto prepared cookie sheet and bake for 7-8 minutes, until granola is slightly browned

Yield 4 servings (¼ cup per serving)

Nutrition Facts

Serving Size 1/4 cup (41.2g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **2%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **13%**

Sugars 10g

Protein 4g **9%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

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