



Crunchy Whole Grain Granola

12 servings

Plan your snacks. When making your grocery list, think about healthy ready-to-eat snacks like fruits and vegetables you can buy to eat at home or on the go.



²/₃ cup brown sugar, packed
¹/₄ cup 100% apple juice
2 ¹/₂ cups old fashioned oatmeal
1 cup cereal, crunchy nugget

¾ cup dried fruit
1 cup almonds or sunflower seeds
¼ teaspoon cinnamon
¼ teaspoon salt

- 1. Wash hands with soap and water.
- 2. Combine brown sugar and apple juice in a large nonstick skillet. Cook over medium high heat three minutes, stirring frequently, until sugar dissolves.
- 3. Add the remaining ingredients to the sugar mixture. Cook five minutes or until granola is lightly browned, stirring frequently. Cool completely.
- 4. Store in an airtight container up to two weeks.

Nutrition Information per Serving: (1/12 of recipe) Calories 192, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 126mg, Total Carbohydrate 35g, Dietary Fiber 3g, Sugars 20g, Protein 4g, Vitamin A 7%, Vitamin C 1%, Calcium 4%, Iron 24%

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