

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.



½ cup brown sugar, packed
¼ cup 100% apple juice
2 ½ 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 190, Total Fat 6g, Saturated Fat 0g, Cholesterol 0mg, Sodium 100mg, Total Carbohydrate 32g, Dietary Fiber 3g, Sugars 17g, includes 9g Added Suagrs, Protein 5g, Vitamin D 0%, Calcium 4%, Iron 20%, Potassium 4%.