

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

3/4 cup dried fruit
1 cup almonds or sunflower seeds
1/4 teaspoon cinnamon
1/4 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%