



## Quick Granola with Yogurt and Fruit

Serve over low-fat yogurt for an easy breakfast. Store in an air-tight container.

### U.S.

*For the Granola:*

2 cups	Oats, Old-fashioned	200 g
1/4 cup	Nuts, any variety, chopped	28 g
1/4 cup	Applesauce, unsweetened	61 g
1/2 tsp	Cinnamon, ground	1.2 g
1/4 tsp	Nutmeg, ground	0.5 g
1/8 tsp	Salt, Kosher	0.75 g
1 1/2 Tbsp	Honey	31.5 g
1/4 cup	Raisins	37 g

*To Serve (makes 1 serving):*

1/2 cup	Yogurt, plain, low-fat	115 g
1/4 cup	Granola	56 g
1/2 cup	Fresh Fruit, such as berries or sliced banana	150 g

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 300°F (148°C).
3. Place all ingredients for granola in large bowl and mix until thoroughly incorporated.
4. Line a cookie sheet with parchment paper and spray with cooking spray. Spread granola mixture evenly on pan.
5. Bake for 30 minutes, stirring halfway through. When fully baked, allow granola to cool for at least 20 minutes. Granola will become crunchy as it cools.
6. Layer yogurt, fruit, and cooled granola, alternating layers into serving dish(es). Serve immediately.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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12 Servings

**Serving size**                    **1/4 cup granola, 1/2 cup yogurt, 1/2 cup fruit**

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**Amount per serving**

**Calories**                         **170**

Calories from Fat                25

**Total Fat**                         3 g

    Saturated Fat                 0 g

    Trans Fat                       0 g

    Monounsaturated Fat        0 g

**Cholesterol**                    5 mg

**Sodium**                           105 mg

**Total Carbohydrate**         30 g

    Dietary Fiber                 2 g

    Total Sugars                 17 g

        Includes 3g Added Sugars

**Protein**                           8 g

Vitamin D                         0 %

Calcium                            25 %

Iron                                 2 %

Potassium                        440 mg

Phosphorus                       30 mg

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