



Quick Granola

Serve over yogurt for a quick breakfast. Make extra granola ahead of time and store in an air tight container.

<u>U.S.</u>		<u>Metric</u>
2 cups	Oats, Old-fashioned	198 g
1/4 cup	Walnuts, Pecans, or Almonds, chopped and/or Sunflower Seeds	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

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 300°F (148°C).
3. Place all ingredients for granola in a large bowl, and gently fold until thoroughly incorporated.
4. Line a cookie sheet with parchment paper. 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.

****Nutrition Facts on Reverse**

Nutrition Facts

Makes 12 Servings

Serving size **1/4 Cup**

Calories **80**

Calories from Fat 25

Total Fat 2.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 13 g

 Dietary Fiber 0 g

 Total Sugars 3 g

 Includes 2g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 40 mg

Phosphorus 12 mg