

Homemade Low-Fat Granola

INGREDIENTS:

For the granola:

- 4 ½ cups old-fashioned oatmeal, uncooked
- ½ cup sliced almonds
- 2 teaspoons cinnamon
- ½ teaspoon salt (optional)
- ¼ cup maple syrup
- ¼ cup apple juice
- 1 tablespoon vegetable oil
- ½ cup raisins

Serve with:

- 1 cup fat-free milk, per serving
- fresh berries (optional)

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit.

Stir together oatmeal, almonds, cinnamon and salt, if desired, in a large bowl. In a separate bowl, whisk maple syrup, apple juice and vegetable oil; pour over oatmeal mixture and stir to coat thoroughly.

Spread mixture in an even layer onto a 15x12-inch baking pan. Bake for 25 minutes, stirring twice during baking time.

Cool mixture in the pan before adding raisins. Store granola in an airtight container. To serve: Pour 1 cup of milk over a heaping ½ cup of granola. Top with fresh berries, if desired. Serving suggestion: Instead of milk, top 1 cup of fat-free yogurt with the granola.

Makes: 9 servings

Prep time: 12 minutes

Cook time: 25 minutes

NUTRITIONAL FACTS PER SERVING

Calories: 320
Total Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 5 mg
Sodium: 105 mg
Calcium: 35% Daily Value
Protein: 16 g (8 grams
from dairy)
Carbohydrates: 53 g
Dietary Fiber: 5 g