

Granola

(Store in refrigerator and use within 1 month)

3 cups rolled oats
1 teaspoon cinnamon
1 cup cornflakes
½ teaspoon nutmeg
1 teaspoon vanilla
1 ½ cups dried fruit

¼ cup chopped nuts
½ cup honey
½ cup thawed juice
concentrated, such as apple,
orange or white grape

Preheat oven to 300°F. Coat cookie sheet with cooking spray. Combine all ingredients, except dried fruit, on the cookie sheet. Bake for 30-35 minutes, stirring every 10 minutes. Cool completely. Once cooled, add dried fruit and mix well. Store in an airtight container.



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Nutrition Facts

12 servings per container

Serving size 1/2 cup (73g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 46g 17%

Dietary Fiber 4g 14%

Total Sugars 25g

Includes 12g Added Sugars 24%

Protein 5g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 2mg 10%

Potassium 323mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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