Welcome2Nutrition

Healthy Low-Fat Granola

9 servings

Ingredients

- 4 ½cup old fashioned oatmeal, uncooked
- 1/3 cup sliced almonds
- 2 tsp. cinnamon
- ½ tsp. salt (optional)
- ¼ cup maple syrup
- ¼ cup 100% apple juice
- 1 tbs. vegetable oil
- ½ cup raisins

Preparation

1. Preheat oven to 350 degrees.
2. Stir together oatmeal, almonds, cinnamon and salt, if desired, in a large bowl.
3. In a separate bowl, whisk maple syrup, apple juice and vegetable oil; pour over oatmeal mixture and stir to coat thoroughly.
4. Spread mixture in an even layer onto a 15x12-inch baking pan.
5. Bake for 25 minutes, stirring twice during baking time.
6. Cool mixture in the pan before adding raisins.
7. Store granola in an airtight container.

To serve

Pour 1 cup milk over a heaping ½ cup of granola. Top with fresh berries, if desired.

Nutritional Facts per Serving
Calories: 320
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 5mg
Sodium: 105mg
Carbohydrates: 53g
Dietary Fiber: 5g
Protein: 16g
Calcium: 35 percent Daily Value

Substitution idea: Instead of milk, top one cup of fat-free yogurt with the granola.