



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
1/2 cup	Nuts and/or seeds, any variety, roughly chopped	60 g
1/2 cup	Applesauce, unsweetened	120 g
1 tsp	Cinnamon, ground	1.2 g
3 Tbsp	Maple Syrup	45 mL
1 Tbsp	Canola Oil	15 mL
1/3 cup	Raisins	50 g

Metric

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 325°F (163°C). Line a baking sheet with parchment paper and spray with cooking spray.
3. In a large bowl add the oats, nuts/seeds, and cinnamon. Stir to combine and set aside.
4. In a small bowl whisk together the applesauce, honey, and canola oil. Pour this mixture over the dry ingredients and toss together, making sure all the dry ingredients are coated with the wet ingredients.
5. Spread in an even layer on the baking sheet and bake for about 40 minutes, or until golden brown. Stir about every 10 minutes. Add the raisins in the last 10 minutes of baking. The granola will become crunchy as it cools.
6. 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.
7. To serve, top 1/2 cup of yogurt with 1/4 granola and 1/2 cup of fresh fruit.

Nutrition Facts

12 Servings

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

Amount per serving

Calories **190**

Total Fat	5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	<5 mg
Sodium	45 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	13 g
Includes 3g Added Sugars	
Protein	14 g
Vitamin D	0 %
Calcium	12 %
Iron	3 %
Potassium	400 mg
Phosphorus	40 mg
