



## Quick Granola

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
1/2 cup	Nuts and/or seeds, any variety, roughly chopped
1/2 cup	Applesauce, unsweetened
1 tsp	Cinnamon, ground
3 Tbsp	Maple Syrup
1 Tbsp	Canola Oil
1/3 cup	Raisins

### Metric

200 g
60 g
120 g
1.2 g
45 mL
15 mL
50 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.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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12 Servings

**Serving size** 1/4 cup granola

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**Amount per serving**

**Calories** 110

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<b>Total Fat</b>	4.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	0 mg
<b>Total Carbohydrate</b>	15 g
Dietary Fiber	<1 g
Total Sugars	6 g
Includes 3g Added Sugars	
<b>Protein</b>	2 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	64 mg
Phosphorus	20 mg

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