3-A-Day of Dairy (DMI-366)

HOMEMADE LOW-FAT GRANOLA

Recipe created by 3-A-Day™ of Dairy

Makes 9 servings
Prep time: 12 minutes
Cook time: 25 minutes

Ingredients:

For the granola:

4 1/2	cups old-fashioned oatmeal, uncooked
1/3	cup sliced almonds
2	teaspoons cinnamon
1/2	teaspoon salt (optional)
1/4	cup maple syrup
1/4	cup apple juice
1	tablespoon vegetable oil
1/2	cup raisins

Serve with:

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

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 1/2 cup of granola. Top with fresh berries, if desired. Serving suggestion: Instead of milk, top 1 cup of fat-free yogurt with the granola.

Nutrition Facts per serving for main dish recipe

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