



Homemade Cereal (Granola)

(serves 10)

Ingredients

- 5 cups old fashioned oats**
- 1 cup walnuts, chopped**
- ½ cup honey**
- 1/3 cup vegetable oil or melted diet margarine**
- ½ cup dried fruit (apricots, prunes, raisins, dates or cranberries)**

Instructions

1. Toss oats and nuts together in a bowl.
 2. Whisk the honey and vegetable oil together in a bowl, then pour over oat mixture and mix until thoroughly coated. Spread onto pan.
 3. Bake at 350° for 10-20 minutes. Stir every 5 minutes.
 4. Cool completely.
 5. After baking, add ½ cup dried fruit (apricots, prunes, raisins, dates or cranberries).
- Store in airtight container.

Nutrition Facts

Serving Size (60g)			
Servings Per Container			
Amount Per Serving			
Calories	240	Calories from Fat	100
% Daily Value *			
Total Fat	11g		17%
Saturated Fat	1.5g		8%
Cholesterol	0mg		
Sodium	35mg		2%
Total Carbohydrate	34g		11%
Dietary Fiber	4g		15%
Sugars	12g		
Protein 6g			
Vitamin A	4%	Vitamin C	0%
Calcium	2%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Operation Frontline Recipe



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

