

Sunshine Morning Granola

Serves: 6

Just add milk for an easy breakfast; eat dry as a snack or try as a topping for yogurt.

Ingredients

- 2 cups rolled oats
- 1/3 cup honey
- 2 Tablespoons, vegetable oil
- 2 teaspoons, grated orange peel (optional)
- 1 teaspoon vanilla
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1 cup fruit and nut mix, coarsely chopped



Directions

1. Wash hands with soap and water.
2. Heat oven to 350 degrees F.
3. Combine all ingredients, except fruit and nut mix, in large bowl. Mix well. Spread evenly in 15 x 10 inch baking pan and place in oven.
4. Bake 20-25 minutes or until golden brown, stirring once after 10 minutes.
5. Remove from oven and cool completely in pan.
6. Stir in fruit and nut mix. Store tightly covered up to 5 days.

NOTE:

1/2 cup fruit and nut mix counts as 1/2 cup fruit in the MyPlate fruit group and 1 ounce in the protein group.

Recipe adapted from Quaker Oats and offered on the Fruit and Nut Mix, Dried USDA product information sheet.

Nutrition Facts: Each 1/2 cup serving provides 230 Calories, 9g Total Fat, 2g Saturated Fat, 65mg Sodium, 35g Total Carbohydrate, 3g Dietary Fiber, 4g Protein