

Granola with Apricots and Cranberries

MAKES 12 SERVINGS (½ CUP PER SERVING)

1 cup old fashioned oats,
uncooked
½ cup sliced almonds
1 teaspoon ground cinnamon
¼ teaspoon salt
⅓ cup honey
2 tablespoons canola oil
⅓ cup molasses
⅓ cup water
1 cup chopped dried apricots
1 cup dried cranberries

This homemade granola makes a great breakfast or snack food. The almonds add protein and heart-healthy fats to this whole grain treat.

1. Preheat oven to 325°F. Spray a 15×10×1-inch baking pan with cooking spray.
2. In a large bowl, combine oats, almonds, cinnamon and salt. Set aside.
3. In a medium saucepan, combine honey, oil, molasses and water. Bring to a boil. Remove from heat; pour over oat mixture, stirring well to coat.
4. Spoon mixture into prepared baking pan; spread evenly. Bake in 325°oven until lightly toasted; stir every 10 minutes for 40 minutes.
5. Remove from oven; stir in apricots and cranberries. Cool completely; store in airtight container.

Nutrition information per serving (½ cup):

177 calories | 2 gm protein | 33 gm carbohydrate | 2 dietary fiber
5 gm fat | <1 gm saturated fat | 0 mg cholesterol | 54 mg sodium