

# HEALTHY GRANOLA

Serving size – 1/3 cup (makes 18 servings)

- 3 ½ Oats
- ¾ cup Oat Bran
- ½ cup Sunflower Seeds – Unsalted
- ½ cup Pepita Seeds – Unsalted
- ½ cup Walnuts – chopped
- ½ cup Almonds – chopped
- 1 small ripe or frozen Banana
- ½ cup Water
- ¼ cup Honey
- 1 Tablespoon Agave Nectar
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Cinnamon

1. Preheat oven to 250° F
2. Mix the dry ingredients together in a large bowl.
3. In a blender or small food processor mix together the banana, water, honey, agave nectar, cinnamon, and vanilla until smooth.
4. Mix the wet ingredients with the dry ingredients.
5. Lay out the mixture in a single layer on 2 baking sheets sprayed with PAM.
6. Bake for 70 minutes until oats are starting to brown. Check and stir every 15 minutes, breaking up any big clumps.

**Recipe name**

Healthy Granola

**Number of servings**

Serves  people

**Ingredients**

	Calories	Carbs	Fat	Protein	Fiber	Sugar	
Quaker - Old Fashioned Rolled Oats - Dry, 3.5 cup	1,050	189	21	35	28	7	⊖
Oat bran - Raw, 0.75 cup	173	47	5	12	11	1	⊖
Sunflower Seeds - Sunflower Seeds Dry Roasted, 8 TBSP	376	0	32	16	0	0	⊖
Sprouts - Unsalted Roasted Pepitas, 1/2 cup	360	8	30	18	4	0	⊖
Nuts - Walnuts Chopped, 1/2 cup	400	8	40	10	4	2	⊖
Shoprite - Chopped Almonds, 1/2 cup (30g)	360	12	30	12	8	2	⊖
Bananas - Raw, 1 small (6" to 6-7/8" long)	90	23	0	1	3	12	⊖
Xagave - Organic Raw Agave Nectar, 1 TBSP (18g)	60	14	0	0	2	12	⊖
Honey, 0.25 cup	258	70	0	0	0	70	⊖
Mccormick's - Pure Vanilla Extract, 1 tsp. (5mL)	12	1	0	0	0	1	⊖
Spices - Cinnamon, ground, 2 tsp	12	4	0	0	2	0	⊖
Water - Municipal, 0.5 cup (8 fl oz)	0	0	0	0	0	0	⊖

[Add Ingredient](#)

<b>Total:</b>	<b>3151</b>	<b>376</b>	<b>158</b>	<b>104</b>	<b>62</b>	<b>107</b>
<b>Per Serving:</b>	<b>175</b>	<b>21</b>	<b>9</b>	<b>6</b>	<b>3</b>	<b>6</b>