

Kathy's Granola

Serving size: $\frac{3}{4}$ cup

Serves: 7

Ingredients:

5 cups rolled oats
1 teaspoon cinnamon
1 teaspoon vanilla
 $\frac{1}{4}$ cup light olive oil
 $\frac{1}{3}$ cup local honey

Directions:

Preheat the oven to 350 degrees. Spread the oats out in a single layer on an ungreased baking sheet. Toast the oats in the oven for 7-10 minutes. Do not over brown. When lightly toasted remove from the oven and spoon into a large mixing bowl.

Sprinkle the cinnamon evenly over the oats and stir well to distribute.

In a separate mixing bowl, combine the vanilla, oil and honey and mix well.

Stir the mixture into the oats and return to the baking sheet. Toast for an additional 7 minutes and then stir for even browning. Return to the oven for another 7 minutes. Then turn the oven off and allow the oats to continue to dry for approximately 15 minutes.

Remove from the oven and allow to cool. At this step additional ingredients can be added if desired such as chopped nuts, raisins, wheat germ or ground flax seed.

Transfer to a glass or plastic airtight container with a sealing lid. Store dry for up to 2 weeks.

Exchanges per serving:

3 Starches, 2 Fats

Nutrients per serving:

Calories: 339
Calories from fat: 100
Total Fat: 11g
Cholesterol: 0mg
Sodium: 4 mg
Total Carbohydrate: 53g
Dietary Fiber: 6g
Protein: 8g