

Recipes

Microwave Granola

Ingredients:

2 cups rolled oats
1 teaspoon cinnamon
1/8 teaspoon salt
2 tablespoons honey
2 tablespoons vegetable oil
1/4 cup sunflower seeds
1/4 cup coconut flakes
1/2 cup raisins

Equipment:

Microwave safe glass bowl Small glass bowl Measuring cups Measuring spoons Spatula

Number of Servings: 12 Preparation Time: 20 minutes Total time: 20 minutes

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Nutrition Facts

Serving Size Servings: 12		þ			
Amount Per S	erving				
Calories 12	24	Calories from Fat 4			
		%Daily Value			
Total Fat 5g	1	8%			
Saturated Fat 1g					
Cholesterol 0mg Sodium 24mg Potassium 122mg Total Carbohydrate 18g					
			Dietary Fiber 2g		
			Protein 3g		6%
			Vitamin A	0%	Vitamin C 1%
Iron	6%	Calcium 2%			
*Percent Daily V	alues are t	based on a 2,000 calorie diet.			

Directions

- 1. Mix oats, cinnamon and salt in a microwaveable glass container.
- 2. Place honey and oil in a small glass dish and microwave for 30 seconds. Stir to blend and pour over oats.
- 3. Stir to combine and microwave for one minute. Stir and microwave for an additional minute. Stir again and microwave for 30 seconds.
- 4. Let granola cool before gently mixing in seeds, coconut and raisins.

TIP: Substitute other spices in small amounts like ginger or nutmeg Use coconut oil in place of vegetable oil, and try different dried fruits and seed combinations.

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