

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

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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Nutrition Facts	
Serving Size: 1/4 cup	
Servings: 12	
Amount Per Serving	
Calories 124	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 24mg	1%
Potassium 122mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	9%
Protein 3g	6%
Vitamin A 0%	Vitamin C 1%
Iron 6%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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