



Healthy Recipes

Granola with raisins, apples and cinnamon

By Mayo Clinic Staff

Dietitian's tip:

Granola is a good source of protein and fiber, but store-bought granola can also be high in calories. This homemade version is full of flavor with fewer calories.

Number of servings

Serves 12

Low Fat

Low Sodium

Ingredients

- 1/4 cup slivered almonds
- 1/4 cup honey
- 1/4 cup unsweetened applesauce
- 1 tablespoon vanilla extract
- 1 tablespoon ground cinnamon
- 2 cups dry old-fashioned oatmeal
- 2 cups bran flakes
- 3/4 cup dried apple pieces
- 1/2 cup golden raisins

Directions

Heat the oven to 325 F. Lightly coat a baking sheet with cooking spray.

Spread the almonds on a baking sheet and bake, stirring occasionally, until golden and fragrant, about 10 minutes. Transfer immediately to a plate to cool. Raise the temperature of the oven to 350 F.

In a small bowl, whisk together the honey, applesauce, vanilla and cinnamon. Set aside.

In a large bowl, add the oatmeal and bran flakes. Stir to mix well. Add the honey mixture and toss with your hands. Don't break the clumps apart.

Spread the cereal mixture evenly onto a baking sheet. Place in the oven and, stirring occasionally, bake until golden brown, about 30 minutes. Remove from the oven and cool slightly.

In a large bowl, combine the cereal mixture, toasted almonds, dried apple and raisins. Cool completely. Store in an airtight container.

Nutritional analysis per serving

Serving size: About 1/2 cup

Cholesterol	0 mg	Dietary fiber	4 g
Calories	154	Trans fat	0 g
Sodium	42 mg	Added sugars	6 g
Total fat	2 g	Monounsaturated fat	1 g
Total carbohydrate	31 g	Protein	3 g
Saturated fat	Trace	Total sugars	16 g

Mayo Clinic Healthy Weight Pyramid Servings

Sweets	1/2	Sample menu
Fruits	1	
Carbohydrates	1	

DASH Eating Plan Servings

Grains and grain products	1	DASH diet: Recommended servings
Fruits	1	Sample DASH menus

Diabetes Meal Plan Choices

Fruits	1
Starches	1

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