

# Granola

When setting goals for healthier eating, choose small changes that will work for you - like making time for breakfast. Make this granola ahead of time and enjoy it with low fat milk and sliced fresh fruit for a quick weekday breakfast.



## Ingredients:

4 cups	Large flake oatmeal	1 L
1 cup	Almonds, sliced	250 mL
½ cup	Sunflower seeds	125 mL
½ cup	Wheat germ	125 mL
½ tsp	Cinnamon	2 mL
½ cup	Brown sugar	125 mL
⅓ cup	Honey	75 mL
1 medium	Lemon	1 medium
1 medium	Orange	1 medium
2 cups	Dried fruit, finely chopped	500 mL
	Non-stick cooking spray	

## Directions:

1. Preheat oven to 350°F (175°C). Spray a baking sheet lightly with non-stick cooking spray.
2. In a large bowl, combine oatmeal, almonds, sunflower seeds, wheat germ and cinnamon.
3. In a saucepan, combine brown sugar and honey; bring to boil and remove from heat.
4. Grate orange and lemon zest then squeeze juice.
5. Add orange and lemon zest and juice to brown sugar and honey. Stir together then pour over oatmeal mixture.
6. Toss gently and spread over baking sheet.
7. Bake at 350°F (175°C) for 30 minutes stirring every 10 minutes until golden brown. Let cool.
8. Add dried fruit to granola and store in airtight containers.

**Makes 12 servings (125 mL/ ½ cup/ 126 g)**

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<b>Nutrition Facts</b>	
Per 1/12 of recipe (125 mL / ½ cup / 126 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 390	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 1.5 g	<b>8 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 15 mg	<b>1 %</b>
<b>Carbohydrate</b> 65 g	<b>22 %</b>
Fibre 8 g	<b>32 %</b>
Sugars 19 g	
<b>Protein</b> 11 g	
Vitamin A	20 %
Vitamin C	15 %
Calcium	6 %
Iron	25 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Very high in fibre	8 g
Low in saturated fat	1.5 g
Low in sodium	15 mg
Very high in potassium	557 mg
Source of calcium	73 mg
Very high in magnesium	66 mg
Source of folate	32 mcg
Very high in iron	3.5 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.