GRANOLA

Servings: 12 Cook Time: 10 Minutes

Ingredients:

- 5 cups Oats
- 1 cup Sunflower Seeds
- 1 cup Almonds slivered or of Walnuts chopped or of Pecans chopped
- 1 cup Coconut shredded
- 2 tablespoons Sesame Seeds or of Flax Seeds
- 3/4 cup Dried Fruit sliced

Optional Ingredients

- Milk
- Yogurt
- Honey

Anderson Free Clinic
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Directions

1. Preheat oven to 375° F. Spread oats, seeds, nuts, and coconuts on a baking sheet and bake for 30 minutes.
2. Let cool, then add sliced fruit.
3. Serve with honey and milk or yogurt.

Nutrition Facts

Serving Size 0.75 cup

Serving Per Container 12

Amount Per Serving

Calories 435

	% Daily Value*
Total Fat 18 g	**23%**
Saturated Fat 4 g	**20%**
Sodium 23 mg	**1%**
Total Carbohydrate 56 g	**20%**
Dietary Fiber 10 g	**36%**
Protein 15 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: