

Homemade Granola

Ingredients:

- 3 cups old fashioned rolled oats
- 1/3 cup sliced almonds
- 1 1/4 cup dried cherries
- 1 1/2 tbsp. canola oil
- 1/4 cup honey
- 1 1/2 tsp. ground cinnamon
- 1/4 cup sweetened applesauce
- 1/4 cup 100% apple juice



Nutrition Facts

Serving Size 1/2 cup (113g)
Servings Per Container 6

Amount Per Serving

Calories 360 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 62g **21%**

Dietary Fiber 7g **28%**

Sugars 28g

Protein 9g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 15%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*DAIRY FREE



*SOY FREE



*CONTAINS NUTS

Directions:

1. Preheat oven to 400 degrees.
2. Toss all ingredients in a large bowl.
3. Lay flat on a baking sheet.
4. Bake for 15 minutes or until slightly brown and crispy.