

Granola

Ingredients

- 1/2 cup quick rolled oats
- 1-1/2 tbsp wheat germ
- 1/2 tbsp light brown sugar, packed
- 1 tbsp honey
- 1/8 tsp cinnamon
- 1 tbsp vegetable oil
- 1/8 tsp kosher salt
- 1/8 tsp vanilla extract
- 1 tbsp shredded coconut
- 1-1/2 tbsp dried cranberries

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 118 calories, 4.82 g fat, 1.11 g saturated fat, 54 mg sodium, 16.47 g carbohydrate, 1.55 g fiber, 5 g sugar, 2.31 g protein

Directions

1. In a large bowl, mix together oats and wheat germ.
2. In a sauce pan, mix together brown sugar, honey, cinnamon, oil, salt, and vanilla. Bring to a boil over medium low heat, stirring frequently. Once the mixture boils, remove from heat.
3. Pour mixture over oat mixture and mix until oats are completely coated.
4. Place mixture on baking trays lined with parchment paper and bake in 350° F oven for 8 minutes. Remove from oven and stir, replace in oven for an additional 5 minutes.
5. Remove from oven and let cool. Combine with coconut and cranberries and stir until incorporated. Store at room temperature in an air-tight container.