



Toasty-O-Granola

Makes 12 Servings

Ingredients

- 3 cups quick-cooking oats
- 2 cups Toasty O's cereal or Cheerios
- 1 cup slivered almonds
- 1/4 cup ground flaxseed
- 1 teaspoon cinnamon
- 1/4 cup pure maple syrup
- 1/4 cup apple juice
- 1/4 cup canola oil
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 2/3 cup dried currants or raisins

Directions

Preheat oven to 350°F. Lightly oil or coat a large baking sheet with nonstick cooking spray and set aside.

Combine the oats, Toasty O's, almonds, flaxseed, and cinnamon in a large bowl. Whisk together the maple syrup, apple juice, canola oil, brown sugar, and vanilla extract in a medium bowl, then stir into the oat mixture until well coated.

Spread the mixture evenly on the baking sheet and bake until golden brown, about 20 minutes, stirring halfway through. When done, cool for about 10 minutes before adding the currants.

Store in an airtight container for up to two weeks.

Tip: For a fun breakfast or snack sundae, layer Toasty-O-Granola with lowfat yogurt and fresh berries in a parfait glass.

Nutrition Information per Serving (1/2 cup): 260 calories, 12g fat (1g saturated, 0.9g omega-3), 40mg sodium, 35g carbohydrate, 5g fiber, 6g protein