



Molasses-Almond Granola

We are granola freaks here at fit50....problem is that *many* are quite calorie-dense. This simple recipe uses heart-healthy canola oil and natural sweeteners, AND is high in soluble and insoluble fiber and omega-3 fatty acids. Start your day right with Molasses-Almond Granola mixed with fruit fresh and low-calorie yogurt.

Ingredients

2 cups old fashioned rolled oats
½ cup sliced almonds
2 TBSP wheat germ
1 TBSP flaxseed
¼ tsp cinnamon
1 tsp vanilla extract

Cooking Spray
1/3 cup dried cranberries
2 TBSP Stevia-based sweetener
4 TBSP Molasses
3 TBSP canola oil
¼ tsp salt

Directions

- Preheat oven to 325°
- Combine oats, wheat germ, almonds and flaxseed (optional – pulse 15-20 times in a food processor)
- Combine oat mixture with salt and cinnamon in a medium bowl, toss well
- Spread mixture on a baking sheet, bake at 325° for 20 minutes or until lightly brown, stirring occasionally
- Remove mixture from baking sheet into a large bowl, let cool
- Cover a baking sheet with parchment paper, lightly coating with cooking spray
- Combine cranberries, sweetener, molasses, canola oil and vanilla extract in a small saucepan over medium heat, cooking until sugar dissolves while stirring frequently
- Pour the cranberry mixture over the oat mixture, tossing to coat
- Spread the granola mixture evenly on the prepared baking sheet, baking at 325° for 15 minutes or until lightly brown
- Remove from the oven and let cool completely before breaking into small pieces
- Makes 6 (1/2 cup) servings

The Data (per serving)

Calories: 295 cal	Carbs: 40 gm	Total Fat: 12.5 gm
Protein: 6 gm	Fiber: 4.5 gm	Sat. Fat: 1 gm