

Dried Fruit and Nut Granola

This granola is a healthy choice for breakfast or a snack. Use your favorite dried fruits like cranberries, cherries, figs or raisins. This recipe works well with nuts like almonds, pistachios and walnuts.



This recipe has less added sugar than most store-bought granola.

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pittsburghfoodbank.org/recipecards



Add oats, nuts, cinnamon and salt to a large mixing bowl. Stir.



Add applesauce, honey and oil. Stir to mix.



Spread granola mixture in an even layer on the baking sheet.



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Preparation time: 5 minutes | **Cook time:** 25 minutes | **Cost:** \$4.25

Ingredients:

- 3 cups **oats**
- $\frac{2}{3}$ cup **walnuts**, chopped
- 2 teaspoons **cinnamon**
- $\frac{1}{4}$ teaspoon **salt**
- $\frac{1}{4}$ cup **unsweetened applesauce**
- 3 tablespoons **oil**
- 2 tablespoons **honey**
- **Non-stick cooking spray** or 2 teaspoons **oil**
- $\frac{2}{3}$ cup **raisins**

Directions:

1. Preheat oven to 325°.
2. Add oats, walnuts, cinnamon and salt to a large mixing bowl. Stir to mix.
3. Add applesauce, oil and honey. Stir to coat oats and nuts with applesauce mixture.
4. Grease a baking sheet with non-stick cooking spray or 2 teaspoons oil. You can also use parchment paper to line the baking sheet without adding oil.
5. Spread granola mixture in an even layer on the baking sheet.
6. Bake for 20-25 minutes. Stir once during the baking time.
7. Remove from oven. Add raisins. Stir to mix. Cool for 30 minutes before serving. Granola will get crunchy as it cools.

Nutrition Facts

10 servings per container

Serving size **1/2 cup**

Amount per serving

Calories **310**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 45g **16%**

Dietary Fiber 6g **21%**

Total Sugars 11g

Includes 3g Added Sugars **6%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 44mg **4%**

Iron 3mg **15%**

Potassium 327mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Makes 10 servings