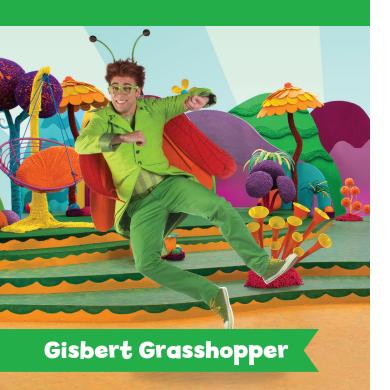
ALMOND OAT GRANOLA CEREAL

Prep time: 10 minutes

Servings: 10

Serving size: 1/4 cup

This bounce-standing blend of ingredients makes for a Moblee Munchie! Gisbert Grasshopper loves eating it for breakfast and even a midday snack.



INGREDIENTS:

- 2 cups rolled oats
- 1/2 cup smooth almond butter (no added sugar or salt)
- 1/2 cup blanched halved almonds (chopped)
- 1 tbsp honey
- 1 tbsp brown sugar
- 1 tbsp melted margarine
- 1 tbsp raisins

EQUIPMENT AND SUPPLIES:

- Bowl
- Silicone or parchment paper-covered cookie sheet

Adult supervision required.

DIRECTIONS:

- 1. Preheat oven to 350°F.
- 2. In a large bowl, mix oats and chopped almonds.
- 3. Microwave almond butter for 10 seconds, until soft. Add in melted margarine, brown sugar, honey and raisins. Mix well.
- 4. Add almond butter mix to oats, making sure to coat oats evenly.
- 5. Spread oat mixture onto silicone or parchment paper-covered cookie sheet (should be about 1/2 inch thick).
- 6. Bake for 25 to 30 minutes.
- 7. Let cool then break apart.

Note: This crunchy granola is easy to make and tastes great sprinkled on yogurt for a delicious parfait or can be eaten alone.

Nutrition Facts Serv. Size approximately 1/4 cup, Amount Per Serving: **Calories** 220, **Total Fat** 14g, Saturated Fat 1.5g, Trans Fat 0g, Sodium 20mg, Total Carbohydrate 21g, Dietary Fiber 3g, Sugars 3g, Protein 6g

