

ALMOND OAT GRANOLA CEREAL

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Prep time: 10 minutes

Servings: 10

Serving size: 1/4 cup

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



Gisbert Grasshopper

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

