



# Homemade Granola

High in Fiber & Healthy Omega-3's & heart protective

**Number of Servings: 12**

**Calories Per Serving: 251**

**CPF Ratio: 63-15-22**

## Cooking Instructions

Preheat oven to 350 degrees. On a large nonstick baking pan, spread out oats and toast, stirring often, for 20 to 30 minutes. Cool. Reduce oven heat to 275 degrees. In a large mixing bowl, combine the toasted oats, flaxseed, almonds, applesauce, honey, cinnamon, and vanilla extract. In a separate mixing bowl, whip the egg whites to soft peaks. Add the sugar and beat 1 minute more. Combine the oat mixture with the egg whites and spread evenly on a nonstick baking sheet. Toast for 30 minutes, stirring often, until evenly browned.

**Comment:** This recipe is healthier than most store-bought versions. It is often worth the extra effort to prepare homemade to reap the increased nutritional benefits. Keep in mind you only need to prepare this recipe occasionally and then store the cereal in an airtight container for repeated uses.

## Recipe Exchanges for Single Serving:

2 1/2 Bread & Cereal  
1 Fat

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
OATS		16 oz	454
FLAXSEED MEAL		1/2 cup	52
HONEY		1/3 cup	112
ALMONDS	slivered	1/2 cup	54
APPLESAUCE	Unsweetened	1/2 cup	114
CINNAMON	Ground	1 tsp	2
VANILLA EXTRACT		1 tsp	4
EGG WHITE	fresh	4 large	134
SUGAR, BROWN	packed	1/4 cup	55
Recipe Total:			980
Single Serving Total:			82

Nutrition Information	
Serving Size: 1/2 cup (82g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 251	Calories from Fat 55
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1g	<b>3%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 22mg	<b>1%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 14 g	
<b>Protein</b> 10 g	
Vitamin A 0%	■ Vitamin C 7%
Calcium 5%	■ Iron 13%
* Percent Daily Values are based on a 2,000 calorie diet	