

Wholesome Morning Granola

From Cooking light '05, an Adele favorite-great on yogurt-adds crunch to anything

4 C regular old fashioned oats

2 C puffed rice cereal

½ C flaked coconut [Adele uses unsweetened]

½ C oat bran

¼ C sliced almonds, toasted

3 T turbinado sugar [Adele leaves out] a brown unrefined sugar

¾ C pineapple juice *[A. buys juice in small jar/cans -they are right size for this]*

½ C apple juice

¼ C honey

Cooking spray

Preheat oven to 325° when about ready to bake

- 1. Combine pineapple juice and apple juice in small saucepan over medium heat until ready to boil.**
- 2. Turn heat down to med-low so it simmers until it is reduced to 2/3 cup. [may take ½ hour]**
- 3. While liquids are reducing, combine first 6 dry ingredients in large kettle.**
- 4. When liquids reduced enough, remove from heat, stir in honey.**
- 5. Slowly pour reduced juices over oat mixture, tossing to coat.**
- 6. Spread oat mixture evenly over a jelly roll pan [or 2], coated with cooking spray.**

Bake at 325° for 40 minutes, stirring occasionally until golden brown. {Adele stirs every 15 min-you want it crunchy}

Cool and store in airtight containers/jars/bags. Yield: 7 1/2 C: serving size: ½ cup

Adele makes a double batch while at it. 2 T = 50 calories on breakfast yogurt/cereal

Some like this cold with warm milk

Calories: 252 [1/2 C].Fat 5.2 g [1.6 sat,mono1.6g,poly q.4g] Protein 8.4g; Carb 46.2g; Fiber 5.6g; Chol 0 mg; Iron 2.6g; Sodium10 mg; Calcium 36 mg

Maple-Almond Granola

4 C regular oats

¼ C slivered almonds

1 ½ teaspoon gd. Cinnamon

¼ salt

1/3 C water

1/3 C maple syrup

2 T brown sugar

2 T canola oil

Cooking spray

1 C minced dried apricots

1 C raisins

1, Preheat oven to 325' when ready to bake

2. Combine first 4 ingredients in large bowl

3. Combine water, honey, syrup, sugar and oil in small saucepan, bring to boil.

Pour over oat mixture in jelly roll pan coated with cooking spray. Bake 325' for 35 minute until golden brown, stirring every 10 minutes. [Goal to get it dry]

Place in large bowl and stir in apricots and raisins. Cool completely.

Yield 6 Cups

[serving size ¼ cup]

Per ¼ Cup: Calories 129, Fat 2.7, Protein 2.7, Carb 25.7, Fiber 1.9, Chol 0mg, Iron 1.2 mg, Sodium 28 mg, Calc 20 mg