

Vanilla Almond Granola

A big batch of this granola will last for a while and help you control the sugar, fat, and preservatives that come in boxed cereals.

Makes 32 servings | Serving Size: 2 tbsp
 Price Per Serving: \$0.15
 Prep Time: 5 minutes | Cook Time: 40 minutes

- 3 cups old-fashioned oats - 0.75
- 1 cup flaked coconut - 1
- 1 cup slivered almonds - 2
- 2 tsp cinnamon - 0.16
- ½ tsp ground ginger - 0.08
- ½ tsp salt
- ¼ cup plus 2 tbsp vegetable oil - .4
- 2 tbsp brown sugar - .2
- 1 tbsp honey - .16
- 1 tsp vanilla extract - .16



Preheat oven to 325. Combine oats, coconut, almonds, cinnamon, ginger, and salt in a large bowl. Add remaining ingredients and stir to combine (I find that using your hands actually works best to really get all of the wet and dry ingredients incorporated). Spread mixture evenly onto a large baking sheet. Bake for about 40 minutes, stirring every 10-15 minutes, until lightly toasted. (The granola will continue to cook a bit and will dry out as it cools, so be careful to not overcook). Remove from the oven and place baking sheet on a rack. Allow granola to cool fully before storing in an airtight container. Keeps for a couple of weeks at room temperature, and for a couple of months in the freezer.

Nutrition Facts			
Serving Size 17 g			
Amount Per Serving			
Calories 83		Calories from Fat 41	
		% Daily Value*	
Total Fat 5g			7%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 45mg			2%
Total Carbohydrate 9g			3%
Dietary Fiber 2g			6%
Sugars 3g			
Protein 2g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com