

THIS WEEK'S RECIPE

As seen on hdnews.net



Microwave Granola

By: Sherrie Mahoney

Combine

- 5 cups oatmeal (old fashioned or quick)
- 1/2 cup coarsely chopped almonds or walnuts
- 3/4 cup wheat germ
- 3/4 cup roasted sunflower seeds

In a separate bowl, combine

- 1/2 cup honey
- 2 tablespoons vegetable oil.
- 2 cups raisins or dried fruit

Stir into oatmeal mixture. Spread in 9 x 9-inch glass pan. Microwave uncovered for 7 to 10 minutes, stirring 3 times during cooking. Cool. Stir in 2 cups raisins or other chopped dried fruit. Store in an airtight container.



Location of Ingredients

(at Vine Street Dillon's)

| ITEM | AISLE |
|-----------------------------|-------|
| Oatmeal..... | 10 |
| Almonds Or Walnuts..... | 11 |
| Wheat Germ..... | 11 |
| Sunflower Seeds..... | 2 |
| Honey..... | 9 |
| Vegetable Oil..... | 11 |
| Raisins Or Dried Fruit..... | 5 |

Nutrition Facts

| | | | |
|--|-------------------|------------------------------|------------|
| Serving Size (113g) | | Servings Per Container 10 | |
| Amount Per Serving | | Calories from Fat 130 | |
| Calories 430 | | | |
| | | % Daily Value* | |
| Total Fat 15g | | | 23% |
| Saturated Fat 1.5g | | | 8% |
| Cholesterol 0mg | | | 0% |
| Sodium 10mg | | | 1% |
| Total Carbohydrate 71g | | | 24% |
| Dietary Fiber 8g | | | 34% |
| Sugars 15g | | | |
| Protein 12g | | | |
| Vitamin A 0% | • | Vitamin C 4% | |
| Calcium 6% | • | Iron 25% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | | Calories: 2,000 | 2,500 |
| Total Fat | Less than 65g | 80g | |
| Saturated Fat | Less than 20g | 25g | |
| Cholesterol | Less than 300mg | 300mg | |
| Sodium | Less than 2,400mg | 2,400mg | |
| Total Carbohydrate | 300g | 375g | |
| Dietary Fiber | 25g | 30g | |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | | | |



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