

Snapped Up: All Purpose Granola



Breakfast. Lunch. Dessert. Snacks.

Granola is so simple, cheap, nutritious, and useful that it should be a staple in everyone's weekly go to recipes.

- Breakfast Cereal with milk.
- Layered with Yogurt and fruit for lunch
- Sprinkled over chopped up apples and baked for an instant crumble dessert.
- Make into granola cookies (add peanut butter and honey).
- Eaten by the handfuls...



PREP 10, COOK 30 minutes TOTAL TIME 40 minutes

INGREDIENTS

- 6 cups Rolled Oats
- ½ cup Coconut or mild Vegetable Oil
- ½ cup Maple Syrup
- 1 Tablespoon vanilla
- 1 teaspoon salt
- 1 cup rough chopped Almonds
- 1 cup dried fruit or coconut

Tools USED:

Large mixing bowl, cookie sheet

DIRECTIONS:

- Blend **Oil, Maple Syrup, vanilla, and salt.**
- Pour the liquid into the **Oats** and mix until Oats are coated.
- Spread out on a cookie sheet.
- Bake at 350 degrees for 30 minutes.
- Transfer cooled oats into a large mixing bowl and mix in **Almonds, Dried Fruit, and/or Coconut.**

TIP: Do not bake the almonds, fruit, or coconut the heat dries out these ingredients turning them into rocks instead of chewy goodness.

How much can you save?

Homemade Granola is CHEAP and package free compared to pre-made versions. The above version at Safeway came in at **\$54.5 per ounce!** Compare that to most rolled oats in the **bulk section at \$.06 per ounce** with no plastic packaging.

Even with high-cost, additional ingredients such as Maple Syrup, Almonds, Dried Fruit, etc. (also found in the bin section) homemade granola at \$.20 an ounce is still a



1/2 Cup of PT All Purpose Granola

General			
Energy	325.9	kcal	44%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	9.7	g	0%

Carbohydrates			
Carbs	49.9	g	61%
Fiber	6.0	g	28%
Starch	23.5	g	No Target
Sugars	19.0	g	No Target
Sugar Alcohol	0.6	g	No Target
Net Carbs	43.4	g	71%

Lipids			
Fat	11.2	g	42%
Monounsaturated	3.7	g	No Target
Polyunsaturated	2.0	g	No Target
Omega-3	0.0	g	2%
Omega-6	2.0	g	18%
Saturated	4.5	g	n/a
Trans-Fats	0.0	g	0.002 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	7.6	g	12%
Cystine	0.2	g	31%
Histidine	0.2	g	17%
Isoleucine	0.3	g	21%
Leucine	0.5	g	18%
Lysine	0.3	g	12%
Methionine	0.1	g	15%
Phenylalanine	0.4	g	32%
Threonine	0.2	g	15%
Tryptophan	0.1	g	27%
Tyrosine	0.2	g	18%
Valine	0.4	g	21%

Vitamins			
B1 (Thiamine)	0.2	mg	20%
B2 (Riboflavin)	0.3	mg	24%
B3 (Niacin)	1.0	mg	7%
B5 (Pantothenic Acid)	0.6	mg	12%
B6 (Pyridoxine)	0.1	mg	5%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	21.1	µg	5%
Vitamin A	114.8	IU	5%
Vitamin C	0.0	mg	0%
Vitamin D	0.0	IU	0%
Vitamin E	2.3	mg	15%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.1	mg	No Target
Vitamin K	2.0	µg	2%

Minerals			
Calcium	66.7	mg	8%
Copper	0.3	mg	34%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	2.6	mg	33%
Magnesium	84.4	mg	26%
Manganese	1.9	mg	106%
Molybdenum	0.0	µg	0%
Phosphorus	213.8	mg	31%
Potassium	349.7	mg	7%
Selenium	12.1	µg	22%
Sodium	4.5	mg	0%
Zinc	1.9	mg	24%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.