

Fruit-Nut Granola

(5 grams of fiber per ½ cup)

Great for munching as a snack, or with skim milk or yogurt for breakfast.

Ingredients:

4 cups regular oats

½ cup sliced almonds (and/or other types of nuts or sunflower seeds)

1 teaspoon ground cinnamon

¼ teaspoon salt

1/3 cup honey

1/3 cup molasses

1/3 cup water

2 tablespoons canola oil

cooking spray

1 cup chopped pitted dates (and/or dried apricots)

1 cup raisins (and/or dried cranberries)

Preheat oven to 325. Combine first 4 ingredients in a large bowl, and stir mixture well. Combine honey, molasses, water, and oil in a medium saucepan; bring to a boil. Remove from heat; pour over oat mixture, stirring well to coat. Spoon mixture into a jelly-roll pan coated with cooking spray; spread evenly. Bake at 325 for 40 minutes or until lightly toasted, stirring every 10 minutes. Remove from oven; stir in dates and raisins (or substitutes). Cool completely and store in airtight container.

Yield: 6 cups