

Quick Granola with Yogurt and Fruit

Yield: 8 servings

Ingredients

- 1 ½ cups oats; old fashioned
- ½ cup walnuts
- ½ cup applesauce; unsweetened
- ½ teaspoon cinnamon; ground
- ½ teaspoon nutmeg; ground
- ⅙ teaspoon Kosher salt
- 1 tablespoon honey
- ½ cup raisin
- non-stick spray; as needed

To Serve:

- ½ cup yogurt; plain
- ¼ cup granola
- ½ cup fresh fruit; berries, bananas, etc.

Instructions

1. Preheat oven to 300 degrees and gather all equipment and ingredients.
2. Place all ingredients for granola (except non-stick cooking spray) in a large bowl, and gently fold until incorporated.
3. Line a cookie sheet with parchment paper. Spread granola mixture evenly on pan. Bake for 30 minutes, stirring halfway through.
4. When fully baked, allow granola to cool for 20 minutes.
5. Layer yogurt, fruit, and cooled granola alternating layers into serving a dish.

Nutrition Information

Serving Size: ½ cup
 Calories: 170
 Total Fat: 3.0 g
 Saturated Fat: 0 g
 Monounsaturated Fat: 0 g
 Sodium: 90.0 mg
 Total Carbohydrate: 28.0 g
 Dietary Fiber: 2.0 g
 Sugars: 10.0 g
 Protein: 9.0 g

Source: Goldring Center for Culinary Medicine

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