Whole grain cereal and \textit{milk} make a healthy meal any time of day!

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Toasty Oat Granola with Low-Fat Milk

Servings: 5  
Prep time: 12 minutes  
Cook time: 15-20 minutes

Ingredients:

- ¼ cup 100% frozen apple juice concentrate, thawed
- 5 teaspoons of brown sugar
- 1 tablespoon vegetable oil
- 1 teaspoon cinnamon
- 2 ¼ cups uncooked old fashioned oatmeal
- ¼ cup chopped almonds
- ½ cup raisins or dried cranberries

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, mix apple juice concentrate, brown sugar, vegetable oil, and cinnamon.
3. Stir in oatmeal and almonds.
4. Line large baking pan with tin foil. Spread mixture onto pan.
5. Bake for 15-20 minutes. Stir at least twice during baking time. Granola should be light brown.

To serve, pour 1 cup of low-fat milk over ½ cup granola.

Nutrition Facts Per Serving (with low-fat milk): Calories: 390  Total Fat: 10 g  
Saturated fat: 2 g  Cholesterol: 10 mg  Sodium: 115 mg  Carbohydrates: 60 g  
Dietary Fiber: 5 g  Protein: 16 g  Calcium: 35% Daily Value