

Cereal + Milk = YUM!



Whole grain cereal and ***milk*** make
a healthy meal any time of day!

dairymakesense.com



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.
6. Cool mixture in the pan. Add raisins.

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

This recipe card is printed with permission by the Midwest Dairy Council.

Missouri Department of Health and Senior Services • 573-751-6204 • health.mo.gov/wic
An equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis.
USDA is an equal opportunity provider and employer.

