


Skillet Granola

Serves 12

- 1/3 cup vegetable oil
- 3 tablespoons honey
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups uncooked, old-fashioned oats
- 1/2 cup sunflower seeds (or other nut)
- 1 cup raisins




1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.



2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.

3. Take off heat. Stir in raisins.

4. Cool mixture. Store in an airtight container (jar or plastic bag).



Nutrition information per 1/2 cup serving: calories 260, fat 10g (saturated 1g, trans fats 0), sodium 10mg, carbohydrates 34g, fiber 4g, sugar 15g, protein 7g



Healthy Tip

Pre-made cereals often contain a lot of sodium. Make your own and sprinkle over yogurt and fruit for a healthy breakfast, snack or mini-meal.

