WHAT'S COOKING IN THE MARKET?
Awesome Granola

Servings: 12

Ingredients

3 cups oatmeal (uncooked)
1/2 cup coconut (shredded or flaked)
1 cup pecans (chopped, walnuts or peanuts)
1/4 cup honey
1/4 cup margarine (liquid)
1 1/2 teaspoons cinnamon
2/3 cup raisins

Directions

1. Heat oven to 350º F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13x9 inch baking pan at 350ºF for 25- 30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in tightly covered container.

Electric Skillet Instructions:
1. Combine all ingredients except raisins in a large microwave safe bowl; mix well.
2. Set electric skillet at 300º F and stir mixture constantly until lightly browned.
3. Place in a bowl and stir in raisins. Cool thoroughly.
4. Store in tightly covered container.

Microwave Instructions:
1. Combine all ingredients, except raisins in a large microwave safe bowl; mix well.
2. Place in 11x7 in glass baking dish.
3. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
4. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in a tightly covered container.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	260	
Total Fat	13g	20%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	55mg	2%
Carbohydrates	33g	11%
Dietary Fiber	5g	20%
Sugars	14g	
Protein	5g	

MYPLATE FOOD GROUPS

- [x] Grains
- [ ] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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