



Honey Cinnamon Granola

1/4 cup honey
1/4 cup brown sugar
1 teaspoon vanilla
2 cups whole oats (not quick cooking kind)
1/4 cup wheat germ
2 teaspoons cinnamon
1/4 teaspoon salt
Handful of dried cranberries (or any other dried fruit)

Directions:

1. In a small pot, combine honey, brown sugar, and vanilla. Heat over medium until sugar and honey are combined and smooth. Make sure to stir it a couple of times.
2. In a bowl, combine oats, wheat germ, cinnamon, and salt. Mix well.
3. Pour honey mixture over the oat mixture and stir well.
4. Pour granola onto a sheet pan that has been sprayed or has a silpat.
5. Bake at 325 degrees for 20-25 minutes. Make sure you stir the granola often, maybe every 5 minutes or so.
6. Let cool on sheet pan. Stir in dried cranberries and enjoy.
7. Store in tight container.

Nutrition Facts

Serving Size: ½ cup granola
Calories 260
Total Fat 4g
Saturated Fat 0g
Cholesterol 0mg
Sodium 100mg
Carbohydrates 62g
Dietary Fiber 7g
Sugars 24g
Protein 11g

Diabetic Exchanges

Protein 1.5
Fat 5
Carbohydrates 4