

Kayla's Granola

Recipe from Health & Wellness Center, Moody AFB

- 4 cups rolled oats
- 2 cups nuts (any kind or a mixture)
- 1 cup dried fruit (any kind)
- 1/3 cup unsweetened applesauce
- 1/2 cup honey
- 1 tsp vanilla
- 2 T cinnamon
- 2 tsp nutmeg

Preheat oven to 300 degrees F. In a large bowl stir oats, fruit, and nuts together. In a separate bowl mix applesauce, honey, vanilla, cinnamon, and nutmeg. Add dry ingredients to applesauce mixture and mix well. Spread onto baking sheet/sheets sprayed with non stick cooking spray. Bake 10 min and stir. Bake for 10 more min or until golden brown. Cool and store. Eat plain or serve with yogurt or milk and a side of fruit. Great for topping yogurt and fruit parfaits!