



## RECIPE OF THE WEEK

### FRUIT AND WALNUT GRANOLA



- 1/2 cup real maple syrup
- 1/3 cup honey
- 3 tablespoons canola oil
- 1 1/2 tablespoons vanilla extract
- 4 1/2 cups regular oats
- 1 cup uncooked quick-cooking barley
- 3/4 cup walnuts or pecans
- 1/2 cup ground flax meal or wheat germ
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- cooking spray
- 1 package (7 oz.) dried mixed fruit, chopped

Preheat oven to 325 degrees. Stir together maple syrup, honey, canola oil and vanilla extract.

Combine oats, barley, walnuts, ground flax meal, cinnamon and nutmeg in a large bowl. Add syrup mixture; stir well to coat. Spread oat mixture evenly onto a jelly-roll pan coated with cooking spray. Bake at 325 degrees for 30 minutes or until browned, stirring every 10 minutes. Stir in dried fruit. Cool completely.

Yield: 24 servings  
Serving Size: 1/3 cup

*Adapted from "Cooking Light" – Jan/Feb 2005*

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#### Nutritional Breakdown Per Serving:

- 185 calories
- 31.3 grams carbohydrate
- 4.5 grams protein
- 5.8 grams fat (saturated – 0.6 grams)
- 4 grams fiber
- 4 mg. sodium