

## Skillet Granola

*This recipe is a good source of fiber, which may help protect you against some diseases.*

### Ingredients:

- 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**
- 1 cup **raisins**

### Directions:

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

|  |                           |
|--|---------------------------|
| Serving Size 1/2 cup (59g)   |                           |
| Servings Per Container 12  |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 260  | Calories from Fat 90      |
| %  |                           |
| * Daily Value*   |                           |
| <b>Total Fat</b> 10g   | <b>15%</b>                |
| Saturated Fat 1g   | <b>5%</b>                 |
| Trans Fat 0g   |                           |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                 |
| <b>Sodium</b> 10mg   | <b>0%</b>                 |
| <b>Total Carbohydrate</b> 34g  | <b>11%</b>                |
| Dietary Fiber 4g   | <b>16%</b>                |
| Sugars 15g   |                           |
| <b>Protein</b> 7g  |                           |
| Vitamin A 0%   | • Vitamin C 0%            |
| Calcium 4%   | • Iron 10%                |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
|  | Calories 2,000 2,500      |
| Total Fat  | Less Than 65g 80g         |
| Saturated Fat  | Less Than 20g 25g         |
| Cholesterol  | Less Than 300mg 300 mg    |
| Sodium   | Less Than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

12 servings, 1/2 cup each

### Bright Ideas:

- Try adding any of these ingredients: one teaspoon cinnamon, chopped nuts, dried fruit, wheat germ, coconut, or nuts.
- Serve with milk, yogurt, ice cream and/or fresh or canned fruit.

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>