Cinnamon Spiced Granola  
Makes 28 servings    
Ready in 1 hour

Ingredients:   
• 3 1/2 cups rolled oats• 1 cup sunflower seeds, pumpkin seeds or nuts of choice• 1/2 cup oat bran• 1/2 cup wheat germ• 1 cup wheat bran• 1–2 tsp cinnamon• 1 tsp ground ginger• Pinch of cardamom• 1/4 tsp sea salt• 3/4 cup all-natural unsweetened applesauce• 1/4 cup 100% pure apple juice• 1/4 cup honey or agave nectar• 1 tsp pure vanilla extract• 1–2 cups dried fruit of choice (try raisins, cranberries or blueberries) Preparation:  
  
1. Preheat oven to 325°F.  2. In a medium bowl, mix together dry ingredients (first 9 listed) and set aside.  3. In a large bowl, mix together remaining wet ingredients except for dried fruit.  4. Stir wet ingredients into the dry ingredients until evenly coated.  5. Spread mixture over a large baking sheet covered with parchment paper.  6. Bake for 30 minutes, then stir. Bake for an additional 15 minutes until crisp and golden. If the center is still wet, bake for an additional 10 minutes.  7. Remove baking sheet to a wire rack to cool completely and stir in dried fruit. Store granola in an airtight container.

NUTRIENTS PER 2-TBSP SERVING:Calories: 100, Total Fats: 3 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 20 mg, Total Carbohydrates: 16 g, Dietary Fiber: 3 g, Sugars: 4 g, Protein: 4 g, Iron: 1 mg