



Peanut Butter Granola



Serving Size: $\frac{1}{3}$ c

Yield: Makes 12 servings

Nutrition Information

One serving is 150 calories, 5 g fat, 0 mg cholesterol, 30 mg sodium, 23 g carbohydrates, 2 g fiber, and 4 g protein

Key

c = cup, T = tablespoon, t = teaspoon, lb = pound, oz = ounce, fl oz = fluid ounce, pkg = package

Ingredients

- o $\frac{1}{3}$ c Honey
- o $\frac{1}{3}$ c Peanut butter, creamy
- o 3 c Oats

Directions

1. PREHEAT oven to 325°F.
2. In a large bowl, MELT honey and peanut butter in the microwave. WHISK until blended.
3. ADD oats and STIR until mixed well.
4. SPREAD on a baking sheet lined with parchment paper. BAKE for 10 minutes. STIR and BAKE 10 more minutes.

Chickasaw Nation Nutrition Services

Get Fresh! is an initiative of the Chickasaw Nation. This material was funded by USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores, visit www.GetFreshCooking.com.