

# Crispy Granola

\*SNACK IDEA: Crispy granola, yogurt, sliced fruit or berries

## Ingredients:

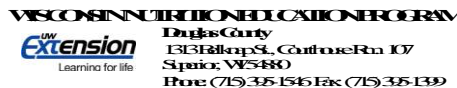
2 egg whites  
1/3 cup honey  
1 teaspoon ground cinnamon  
1 teaspoon vanilla  
Dash salt  
3 cups uncooked rolled oats\*  
*Optional: 1/2 cup chopped pecans or other nuts. 1/2 cup raisins, dried cranberries, or other dried fruit.*

## Directions:

1. Preheat oven to 325°F. Spray a large shallow baking pan with non-stick cooking spray, set aside.
2. Put egg whites in large bowl and use a whisk or fork to mix until frothy. Stir in honey, cinnamon, vanilla, and salt.
3. Add oats plus nuts and/or dried fruit, if desired. Stir until oats are coated with egg mixture. Spread oat mixture evenly on prepared baking sheet.
4. Bake about 25 to 30 minutes until golden brown, stir mixture carefully every 5 or 6 minutes to prevent overbrowning.
5. Remove pan to wire rack and cool completely until crispy and crunchy. Store in an airtight container. Freezes well.

\*Either old fashioned or quick cooking oats work-both are whole grains.

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