

Granola in a Mug

Makes 2 servings

Nutrients Per Serving:

400 Calories | 19g Fat (3.5g Saturated) | 51g Carbohydrates | 17g Added Sugar | 6g Protein | 0mg Sodium | 6g Fiber

Equipment Needed

 <p>Microwave</p>	 <p>Microwave safe mug</p>	 <p>Dry measuring cups and measuring spoons</p>	 <p>Fork and waxed paper, parchment paper or plate</p>
--	---	---	---

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1/2 cup rolled oats</p>	 <p>1 tablespoon coconut flakes</p>	 <p>1 tablespoon vegetable oil</p>	 <p>1 tablespoon honey</p>
 <p>1 tablespoon water</p>	 <p>Optional: 1-2 tablespoons raisins and/or craisins</p>		

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Into a large microwave safe mug measure:
1/2 cup rolled oats
1 Tbsp coconut flakes
1 Tbsp vegetable oil
1 Tbsp honey
1 Tbsp water

3



Mix until well blended.

4



Microwave for 1 minute, 30 seconds.

5



Using the mug handle, take out of the microwave and stir. Make sure to stir in any syrup in the bottom of the mug.

6



Microwave 1 minute.

7



Using the mug handle, take out of the microwave and stir. Check to see if oats are golden brown; if not microwave in 10 second increments, until oats look golden brown. **Watch carefully so mixture does not burn.

8



Let the mug stand for 2-3 minutes until cool. Then pour out onto a plate, parchment paper or waxed paper to cool thoroughly. If desired, add raisins and/or raisins. Enjoy your granola!