

Cocoa-Cran Granola

Ingredients:

- Cooking spray
- 3 cups old fashioned rolled oats
- 1 cup Koala Cocoa Krisp rice cereal by Nature's Path (no HFCS)
- 1/2 cup packed brown sugar
- 1/3 cup chopped pecans
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 cup honey
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 2 ounces bittersweet chocolate (60 to 70 percent cocoa), finely chopped
- 1/2 cup dried cranberries

Directions:

Preheat oven to 300°. Cover a jelly-roll pan with parchment paper coated with cooking spray. Combine oats, rice cereal, brown sugar, chopped pecans, salt, and ground cinnamon in a large bowl. Combine honey and canola oil in a small saucepan over low heat; cook 2 minutes or until warm. Remove from heat. Add vanilla and chocolate; stir with a whisk until smooth. Pour chocolate mixture over oat mixture. Lightly coat hands with cooking spray. Gently mix chocolate mixture and oat mixture until combined. Spread oat mixture onto prepared pan. Bake for 20 minutes, stirring after 10 minutes. Cool completely on pan; stir in cranberries.



Pump it Up: Try to touch the floor with your hands flat or with your fingers – 10 minutes.



Food for Thought: Topped with dark chocolate, this granola is a special treat! It is filled with antioxidants- those things that help you stay looking young and protect your cells from those bad guys (free radicals)! Enjoy this granola with some low-fat yogurt or on its own!

Tasty Thoughts: _____

