



Homemade Granola

the ingredients

- 1.5 cups rolled oats
- 0.5 cup crushed or chopped almonds
- 1 tbsp pumpkin pie spice
- 1/2 cup unsweetened applesauce
- 1/2 tsp vanilla extract
- 1/4 cup raisins

the nutrition

- Serving size=1/3 cup
- Kcal: 130
- Fiber: 3 g
- Saturated fat: 0.5 g
- Unsaturated fat: 3.5 g
- Protein: 4 g
- Added sugar: 2 g

the method

- Heat oven to 300°F.
- Mix all the ingredients together in a large bowl.
- Line a sheet pan with parchment paper and spread mixture on top of it.
- Bake for about 35 minutes or until slightly toasted.
- Cool and serve or store!