

## 3-Grain Breakfast Cereal with Nuts and Dried Fruit

### Ingredients:

- 1/2 cup maple syrup
- 1/3 cup honey
- 3 tbsp canola oil
- 1 1/2 tbsp vanilla extract
- 4 1/2 cups regular oats
- 1 cup quick-cooking barley, uncooked
- 3/4 cup chopped walnuts or pecans
- 1/2 cup wheat germ
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Cooking spray
- 1 (7 oz.) package dried mixed fruit, chopped (such as Sun-Maid brand)



### Making it:

1. Preheat oven to 325 F.
2. Spray baking sheet with cooking oil spray.
3. Combine first 4 ingredients, stirring with a whisk.
4. Combine oats, barley, walnuts, wheat germ, cinnamon, and nutmeg in a large bowl. Add syrup mixture; stir well to coat. Spread oat mixture evenly onto a baking sheet.
5. Bake at 325 F for 30 min. or until browned, gently turning mixture every 10 minutes so grains baked evenly.
6. Remove and stir in chopped dried fruit. Cool completely.
7. Note: Store in an airtight container for up to 5 days.

### Tips and Hints:

- This is a budget friendly and healthier alternative to many store-bought granolas.
- Serve with milk or yogurt to boost up protein and make a complete breakfast.
- To increase carbohydrate you increase the portion and/or add fruit like berries or bananas.

### NUTRITION FACTS

Servings: 24  
Serving Size: 1/3 cup

<b>Total Calories</b>	<b>185</b>
Carbohydrate	31 g
Total Fat	5 g
Protein	5 g
Fiber	4 g

Prep Time: 10  
Cook Time: 30