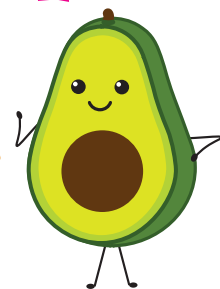




SKILLET

GRANOLA

Did you know that applesauce can be used in place of oil and butter for some baking recipes? It helps cut down on fat!



What to Know

Total Time:
20 MINUTES

Difficulty:
EASY

Servings:
6

INGREDIENTS

2 cups of rolled or instant oats

3 tablespoons of butter

2 tablespoons of maple syrup, pancake syrup or honey

1 packet of LFC Nut & Spice Mix

MAKE IT AGAIN

LFC Nut & Spice Mix Ingredients

1 1/4 teaspoon of cinnamon
2 tablespoons of brown sugar
1/2 teaspoon of salt
1/2 cup of nuts (your choice!)

this recipe was inspired by
rachael ray
IN SEASON



1 Place a nonstick skillet over medium heat and add butter and maple syrup.



2 Heat skillet mixture until bubbling around edges and mixed together, stirring constantly.



3 Add LFC Nut & Spice Mix and oatmeal, then cook, stirring constantly, for 7 minutes or until golden.



4 Transfer to a baking sheet and spread it out to cool. Press down lightly on granola to make clumps.



5 Once skillet granola cools (about 20 minutes), break up clumps lightly with your hands and eat!

PB Parfait

This makes one parfait, so make sure to multiply the ingredients if you want to make more!

1 cup of vanilla yogurt
1 tablespoon of peanut butter
1 small banana, sliced
1/2 cup of skillet granola

1. In a small bowl, mix peanut butter and yogurt together.

2. In a tall glass or small bowl, layer half of the yogurt, half of the banana and half of the skillet granola.

3. Repeat layer and serve!

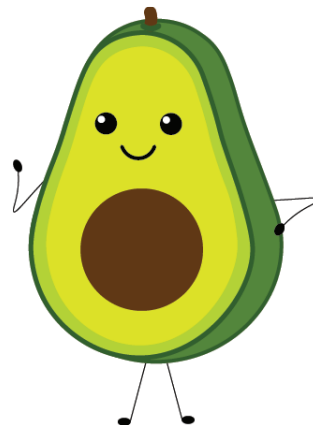
**MIX
IT
UP**

• Feel free to add in dried fruit, more nuts, or different
• spices to the granola! Just add other nuts and spices in at
• Step 3. If you want to add dried fruit, you can add it to the
• cooked granola before spreading it on the baking sheet!



PEANUT BUTTER AND JELLY GRANOLA BARS

DID YOU KNOW THAT YOU
CAN SPRAY THE MEASURING
CUP FOR PEANUT BUTTER
WITH COOKING OIL SPRAY
BEFORE ADDING THE PB
AND MAKE IT EASIER TO
GET IT OUT?



WHAT TO KNOW

TOTAL TIME:
35 MINUTES

SERVINGS:
12

DIFFICULTY:
EASY

INGREDIENTS

3 cups of rolled oats

1/2 cup of peanut butter

1/2 cup of jelly or jam (any flavor)

1/4 cup of hot water

1/4 tsp of salt

cooking oil spray or oil

POSSIBLE ADDITIONS/SUBSTITUTIONS

nuts

coconut

dried fruit

honey

maple syrup

pumpkin or sunflower seeds

mini marshmallows & chocolate

Nutella instead of peanut butter

*These granola bars freeze really well, if you'd like a snack for later! Just wrap each bar in aluminum foil and place in the freezer!



1 Heat the oven to 350 F and spray an 8"x11" baking pan with cooking oil spray or oil pan. Pour rolled oats into a large bowl.



2 Add peanut butter, half of the jelly/jam, water and salt to a small saucepan. Stir over low heat until smooth.



3 Add peanut butter mixture to the large bowl with oats and stir until coated.



4 Dump mixture into the oiled pan and press into an even layer. Spread remaining jelly over the top. You can sprinkle with a few more oats, if wanted.



5 Bake in oven for 25 minutes, until brown around the edges. Leave the bars in the pan until they cool (1 hour) and slice into 12 bars.

MAKE ONCE, EAT TWICE!

If you have leftover granola bars, you can crumble them up over yogurt for an easy and great yogurt parfait! Or add to pancake batter for some amazing Peanut Butter and Jelly Granola Pancakes!

MIX
IT
UP

If you have maple syrup or honey, either would be a good addition in this recipe. Simply add 3 Tablespoons to the saucepan in step 2 for added sweetness.

**LEANNE
BROWN**

this recipe was inspired by