

Eat Well Recipe

Armstrong Granola

Put in Large Bowl and Mix Together:

4 Cups of Oatmeal

2 Cups of Shredded Coconut

2 Cups of Sliced Almonds

½ Cup of Oil

Add ½ cup of Honey and Mix by Hand Spread on Cookie Sheet and Bake

at 350 Turning every 5 minutes –4 minutes when it starts to brown

Continue 20-30 minutes Turnout onto Cupboard to Cool

Add 1 Cup of Craisins

Optional: Light Dannon Strawberry Yogurt

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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