

## NO FAT GRANOLA

5 c. quick oats  
3/4 c. br. sugar  
1/3 c. frozen concentrated apple juice  
1/2 c. dry milk  
1/3 c. honey  
2 T. cinnamon  
1/2 t. salt (optional)  
1/2 c. dried fruit (I use raisins)

Mix sugar, juice, dry milk and honey in saucepan, and heat until sugar dissolves. Combine other dry ingredients in large mixing bowl. Pour sugar mixture slowly over dry mixture and blend well. Place on cookie sheet. (I usually do half a batch at a time) Bake at 375°F for 20-30 minutes, stirring every 10 minutes.

Options: You can add nuts, sunflower seeds, coconut, sesame seeds, peanut butter or whatever you have around, but it will add to the cost and may dwindle savings.

Also, I sometimes get 'creative' and add a 1/2 teaspoon of cloves or ginger or nutmeg. Or if I've dried some extra apples I'll use apple pie spice in place of the cinnamon but decrease it to just 1 T.