

Feed-Your-Brain Granola Cereal

A fiber-full, protein-rich, brain-nourishing cereal to start your day right!

Ingredients:

- 3 cups rolled oats (quick or old-fashioned)
- ½ cup unsalted slivered almonds
- ½ cup plain unsalted sunflower nuts
- ½ cup raisins
- ¼ cup flaxseed (milled or ground)
- ¼ cup wheat germ
- ½ cup honey

Preheat the oven to 250 degrees. Combine ingredients in an extra large bowl and mix well with a large spoon. Spread evenly on two large greased baking sheets with 1” sides. Bake for 1 hour until golden brown. *Eat it as cereal with milk and fruit, sprinkle it on top of your yogurt, or take it with you to class for a wholesome trail mix.*

Makes 5 ½ cups. Store in the fridge to preserve freshness.

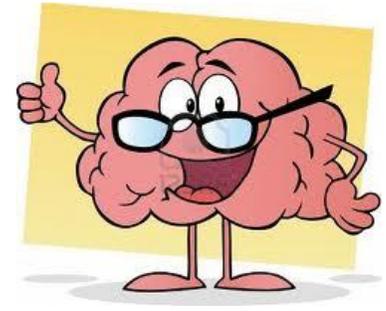
NUTRITION FACTS

Serving Size: ½ cup

240 calories, 9 g fat, 1 g saturated fat, 0 mg cholesterol, 4mg sodium, total carbohydrates 37 g, dietary fiber 5g*, sugars 17g, protein 7g, vitamin A 0%, vitamin C 1%, Calcium 4%, Iron 11%**

*Excellent source

**Good source



Do you feel like you need a **BRAIN BOOST**? This cereal is **packed full** of brain-friendly ingredients. The brain needs fat to maintain itself—and almonds, sunflower nuts, and flaxseed contribute to a rich source of nourishing **monounsaturated and polyunsaturated fatty acids** (the good fats) and an excellent source of **Vitamin E** and heart-healthy **omega 3 fatty acids**, which are known to maintain normal cognitive functions, and support brain growth. Oatmeal and raisins are rich in **fiber**, which help to keep your body feel full longer—allowing you to keep yourself focused during your 3 hour lab class! Wheat germ is an excellent source of **folate**—a B vitamin that is essential for healthy red blood cell production and is involved in energy metabolism, giving you more energy and endurance for those late night projects. It is also a crucial nutrient for women of childbearing age. This recipe also provides a **good source of iron** and a whopping 7g of protein. Indulge in the breakfast of smarty-pants.

According to the 2010 Dietary Guidelines for Americans, we do not consume enough milk, oil, and whole grain products. One serving of this granola recipe, when eaten with ½ cup of nonfat milk or yogurt, will give you 20 grams of whole grain, 5 grams of fiber, 11-12 grams of protein, and 8 grams of unsaturated fats.

Recipe submitted by Dietetics student Megan Durkee, 2012