

Serves 8 • Serving size: ¼ cup • Makes 2 cups



PREP: 5 minutes

date
me

Tupperware®

5-Minute GRANOLA

¼ cup light brown sugar
2 tbsp. apple juice
2 tsp. Simple Indulgence Cinnamon-Vanilla Seasoning Blend
⅛ tsp. coarse kosher salt
2 cups old fashioned oats

1. Combine brown sugar, apple juice, seasoning blend and salt in TupperWave Cook-It™ 1½-Qt./1.5 L Bowl.
2. Cover and microwave on high power 1 minute. Stir.
3. Add oats to sugar mixture and stir until oats are thoroughly coated.
4. Microwave uncovered on high power 3 minutes, making sure to stop and stir every 30–60 seconds.
5. Allow granola to cool completely before enjoying. To speed up cooling, spread granola out on parchment paper or a baking sheet. Granola will continue to crisp up as it cools. If granola doesn't feel crunchy after cooling, microwave another 30 seconds.
6. Store 3–5 days in Modular Mates® Oval 1 container. Serve over yogurt, with fruit, if desired.

Nutritional Information (per serving): Calories: 100 Total Fat: 1.5g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 20g Sugar: 7g Fiber: 2g Protein: 3g Sodium: 30mg Vitamin A: 0% Vitamin C: 2% Calcium: 0% Iron: 6%

Create a whole crunchy collection and store in Modular Mates® Oval 2 containers.

Classic Trail Mix (makes 4½ cups)

2 cups 5-Minute Granola
1 cup candy coated chocolate candies
1 cup peanuts
1 cup raisins

Health Nut Trail Mix (makes 5 cups)

2 cups 5-Minute Granola
8.25-oz./230 g container salted mixed nuts (cashews, pecans, almonds)
1 cup dried cranberries
½ cup pumpkin seeds, roasted and salted

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