

Preventing Women's Heart Disease Through Education



CAROL For Heart

Vanilla Yogurt with Homemade Granola

½ cup (packed) golden brown sugar, divided
¼ cup pure maple syrup
2 large egg whites
1 tablespoon vanilla extract
1-¼ teaspoons ground cinnamon
1 teaspoon ground allspice
3 cups old-fashioned oats
1 cup walnut halves, broken in half
1 cup dried blueberries
½ cup wheat germ

- Preheat to 325 degrees.
- Add sugar and syrup to a small, heavy saucepan and place over low heat. Cook until sugar dissolves; cool to lukewarm.
- In a large bowl, whisk egg whites, vanilla and cinnamon until frothy. Whisk in sugar and syrup mixture.
- Stir in oats, walnuts, blueberries and wheat germ.
- Spread mixture in even layer on baking sheet lined with a nonstick baking mat.
- Bake 25 minutes, turn with a spatula and continue baking 10 more minutes.
- Cool granola completely in pan.
- Serve yogurt topped with ¼ cup granola.

Per Serving (excluding unknown items) 1+6oz yogurt with 1/4 cup of granola: 265 Calories; 10mg Cholesterol; 13.9g Protein; 128mg Sodium; 33.7g Carbohydrate; 2.6g Fiber; 7.0g Total fat; 2.1g Saturated fat; 33% Calcium.*

**Based on a 2000 calorie diet.*

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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