



Hungry Girl-nola



Entire recipe (about 1 cup): 165 calories, 1.25g total fat (<0.5g sat. fat), 70mg sodium, 35.5g carbs, 4g fiber, 10g sugars, 4g protein

Prep: 5 minutes **Cook:** 35 minutes

Cool: 30 minutes



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Ingredients

1/4 cup old-fashioned oats
1/4 cup puffed rice cereal
1/4 cup puffed wheat cereal
1 1/2 tbsp. sugar-free pancake syrup
1/2 cup bite-sized freeze-dried apples

Directions

Preheat oven to 275 degrees. Spray a baking pan with nonstick spray.

In a medium bowl, combine oats, puffed rice, puffed wheat, and pancake syrup, stirring gently to coat.

Spread mixture into the pan. Bake until crispy and lightly browned, 30 - 35 minutes, rearranging mixture with a spatula halfway through.

Let cool completely, and then stir in the apples.

MAKES 1 SERVING

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