



## Ingredients

Cooking spray

¼ cup sliced almonds

1 tablespoon light brown sugar

2 teaspoons water

¼ teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

2 cups whole-grain oat cereal with yogurt-flavored coating

2 cups whole-grain wheat and bran flakes with raisins

1/2 cup dried unsweetened cranberries

1/2 cup dried unsweetened blueberries

## Cooking Instructions

Put a piece of aluminum foil about 12 inches square on a platter or baking sheet. Lightly spray with cooking spray. Set aside.

In a small nonstick skillet, dry-roast the almonds over medium heat for 2 to 3 minutes, or until lightly golden brown, stirring occasionally.

Stir in the brown sugar, water, cinnamon, and nutmeg. Cook for 1 to 2 minutes, or until the liquid has evaporated and the almonds are coated with the mixture, stirring constantly. Transfer to the foil. Let cool completely, 15 to 20 minutes.

Meanwhile, in a medium bowl, stir together the remaining ingredients. Add the cooled almonds to the cereal mixture, stirring to combine. Store in an airtight container for up to 7 days.

## Cook's Tip

Whether your schedule is go-go-go or hurry-up-and-wait, you'll be glad you packed these tasty tidbits for healthy snacking.

For variety, substitute different nutrient-dense dried fruits, such as cherries, apricots, and plums, for the cranberries and blueberries. Cut them into 1/4- to 1/2-inch pieces before adding them to the cereal mixture.

Calories Per Serving	139
Total Fat	2.0g
Saturated fat	0.5g
Trans Fat	0.0g
Polysaturated fat	0.5g
Monosaturated	1.0g
Cholesterol	0mg
Sodium	124 mg
Carbohydrates	28g
Fiber	4g
Sugar	15g
Protein	2g
Dietary Exchange	1 fruit, 1 starch

This recipe is brought to you by the American Heart Association's Food Certification Program. Recipe copyright © 2008 American Heart Association. For more information heart-healthy grocery shopping, visit [heartcheckmark.org](http://heartcheckmark.org)

