

## [LOW FAT GRANOLA RECIPE](#)



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Most granola is packed with lots of fat and little nutrition. This version has goodness in every bite and is low in fat. Serve with a dollop of plain

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### **Super Low Fat Granola Cereal Recipe Taste of Home**

Serve this delicious mix for breakfast with milk, or sprinkle it over yogurt. You can add chopped walnuts or pecans, but it will increase the calorie count.

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This is a recipe for homemade granola with only a tiny amount of rapeseed oil and without white sugar, it is only minimally sweetened with demerara sugar

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### **Baked Homemade Granola Lower Fat Recipe Genius Kitchen**

By making your own granola you can reduce the fat and increase the richness of nuts and seeds. This is great alone as a snack or on top of yogurt or anything!

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### **Low Fat Granola Recipes SparkRecipes**

Top low fat granola recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

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Homemade granola, granola bars, and granola parfaits are a smart choice, since they are loaded with fiber, antioxidant-rich fruit, protein and calcium

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### **Healthy Granola Recipes Cooking Light**

If you really want to change things up, try a savory granola recipe. It is best used to top soups, salads, Serve with low-fat yogurt and fruit.

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### **Good for you granola recipe BBC Good Food**

Low-fat; Low-GI; see more Good-for-you granola. By Good All in all it is a delicious recipe for granola with much less sugar than the sickly

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This delicious healthy granola recipe is the best! If you really want low/minimal fat granola, you might enjoy this muesli. Reply. Bina. October 23, 2016.

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