



Jump-Start Your Morning With A Heart-Healthier Breakfast

(NAPSA)—A good breakfast is important, but some people skip it to save a few minutes in the morning. Planning ahead is one way to save time and fit in what some call the most important meal of the day. Try keeping a hearty make-ahead breakfast on-hand that doubles as a snack for on-the-go.

This easy-to-make nut and fruit granola recipe packs a heart-healthier punch with benefits like omega-3s from pistachios and Smart Balance, along with important vitamins, minerals and other nutrients.

To give your heart a jump-start in the morning, try this:

Homemade Coconut-Pistachio Granola

3 cups old-fashioned rolled oats

$\frac{3}{4}$ cup coconut chips or flakes

1 cup unsalted pistachios

$\frac{1}{2}$ stick ($\frac{1}{4}$ cup) Smart Balance® Blended Butter Sticks, melted

$\frac{1}{4}$ cup honey

$\frac{1}{2}$ cup packed brown sugar

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon vanilla

1 cup dried cherries or cranberries (optional)

Combine oats, coconut and



Coconut-Pistachio Granola can be a breakfast your heart and taste buds will love.

pistachios in a large bowl. In a small bowl, whisk together melted butter, honey, brown sugar, cinnamon, salt and vanilla. Pour mixture over dry ingredients and stir until mixed. Spread granola on two baking sheets. Bake at 300 degrees for 40 minutes or until lightly browned, stirring twice while baking. For clumpier granola, do not stir during final 10 minutes of baking and do not stir until cooled. Mix in dried fruit, if using. Store in an airtight container.

Yield: 18 servings; $\frac{1}{2}$ cup per serving

Per serving (without optional dried fruit): 158 calories, 3g protein, 21g carbohydrate, 7g fat, 2g saturated fat, 0g trans fat, 3mg cholesterol, 99mg sodium, 2g fiber, 10g sugar