

FUEL UP

Wholesome Oats

Choose unprocessed - cooked or raw - for heart-healthy, whole grain goodness. They're also available as certified gluten-free.

COOK

Make a batch and refrigerate for three days of guilt-free snacking.

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GO GRANOLA

Toss with dried fruit, chopped nuts, and unsweetened shredded coconut. Bake 20 minutes.

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ROLL UP

Combine with nut butter, raisins, and honey. Roll into bite-sized balls.

