



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 2*

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

Cool: 30 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)® trademark**.