





Puffed Rice Granola

Ingredients:

- 1 cup  puffed rice cereal
- 2 tablespoons  chopped dried  apple
- 6 raisins
- 1 small ziplock bag

Directions:

1. Put the puffed rice, dried apple, and raisins into the bag.
2. Close the bag and shake well  to mix.

Makes approximately 1 1/3 cups.

Total phe = 60 mg

Phe per 1/3 cup serving = 15 mg



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