**No-Bake Granola**

Makes 6 servings
Prep Time: 10 mins

**Ingredients:**
- 1 1/2 cups oats
- 1 cup puffed cereal (or whole-grain cereal of choice)
- 1/4 c sunflower seeds (sub any seed of choice)
- 1/2 c dried fruit of choice
- 1/2 cup nuts of choice
- 1/3 cup nut butter
- 1/3 cup honey
- Shelf-stable milk to serve

**Preparation:**
1. Add all dry ingredients to a bowl and stir to combine
2. In a separate bowl, mix together honey and nut butter
3. Add in nut butter and honey mixture and mix until well combined
4. Serve in a bowl and pour milk over granola to enjoy as a healthy cereal!

Adapted from: simplesgreenmoms.com

---

**Sweet Chicken Salad**

Makes 2 servings
Prep Time: 15 mins

**Ingredients:**
- 1 can chicken
- 1/4 c raisins or dried cranberries
- 1/4 cup (or 1/2 container) applesauce
- 1/4 c nut of choice
- Optional: 1 tablespoon mayonnaise
- Optional: 1/4 c chopped celery or cucumber
- Bread or crackers for serving

**Preparation:**
- Combine chicken, dried fruit, applesauce, and nuts in a bowl. Stir to combine.
- Add in optional mayonnaise and celery/cucumber and stir to combine.
- Enjoy as a sandwich on bread or with crackers!

Adapted from: motts.com