

Low-fat Granola

1 egg

2 tsp baking powder

½ cup skim milk

1 cup brown sugar

2 cups uncooked oatmeal

½ cup bran

¾ cup cornmeal

1 tsp salt

Mix all ingredients together. Spread thinly on baking sheet. Bake at 325° until browned. Crumble and bake at 300° for 50 minutes or until cereal is crisp, stirring occasionally.