



HOMEMADE GRANOLA

MATERIALS:

Baking sheet
Fork
Large bowl
Measuring cups
Measuring spoons
Medium bowl

INGREDIENTS:

4 Tablespoons honey
2 Tablespoons canola oil
½ teaspoon ground cinnamon
2 cups old-fashioned rolled oats
4 Tablespoons sliced or chopped almonds
Non-stick cooking spray
½ cup dried fruit (raisins, cranberries, apricots, dates, or prunes)

Serves: 9, 1/3 cup per serving

*Recipe from Share Our Strength's Cooking Matters.

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
3. Add oats and almonds. Stir until well-coated with honey mixture.
4. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
5. Bake until lightly browned, about 10–15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven. Let cool completely.
6. Transfer cooled granola to a medium bowl. Stir in dried fruit.

Notes:

Make large batches. Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.

Add milk to granola and eat like cereal. Use it to top a fruit salad or nonfat plain yogurt. Or, pack single servings in a zip-top plastic bag. Eat on its own for a tasty afternoon snack.

Use homemade granola in a Yogurt Parfait. Use leftover rolled oats to make oatmeal for breakfast.