



03/29

Granola

Ingredients:

- 2 Tablespoons honey*
- 1/2 cup water
- 2 Tablespoons vegetable oil
- 4 cups uncooked rolled oats (oatmeal)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

*Children under the age of one should not consume honey.

Directions:

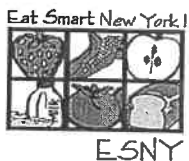
1. Preheat oven to 275°F.
2. Mix honey, water, vegetable oil, vanilla extract, cinnamon, and salt in a large bowl.
3. Stir in oats; mix well.
4. Spread mixture on a cookie sheet, making a thin layer.
5. Bake for 20 minutes. Remove from oven, stir mixture well and return to oven.
6. Bake 20 more minutes and stir as before.
7. Bake 5-20 more minutes until granola is golden brown.
8. Break into small pieces with spatula.
9. Cool and then store in a covered container.

Be creative: Try adding dried fruit and nuts after baking for a tasty, healthy treat!

Yields about 8 servings

Source: Adapted from *Eating Smart, Being Active, California EFNEP and Colorado EFNEP*

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



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Nutrition Facts			
Serving Size 1/2 cup (2.3 ounces)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	200	Calories from Fat	60
% Daily Value *			
Total Fat	7g		10%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	75mg		3%
Total Carbohydrate	31g		10%
Dietary Fiber	4g		16%
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
30% calories from fat			

