



Homemade Granola



Recipe from Cooking Matters in Your Community

Ingredients



- 4 Tbsp. honey
- 2 Tbsp. canola oil
- 1/2 tsp. ground cinnamon
- 2 cup old-fashioned rolled oats
- 4 Tbsp. sliced or chopped almonds
- 1/2 cup dried fruit (raisins, cranberries, apricots, dates, or prunes)
- Non-stick cooking spray or parchment paper

Yield: 9 servings
Serving Size: 1/3 cup



Directions



1. Preheat oven to 350 degrees 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 or line sheet with parchment paper. 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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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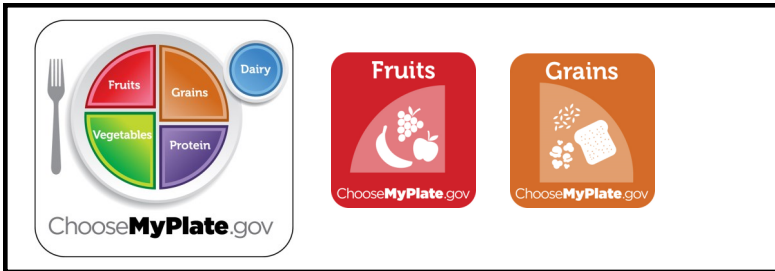
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Fast Facts



Featured Food Groups



Cooking Tips



- Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.
- Add milk to granola and have as a cereal. Use it to top a fruit salad or non-fat plain yogurt or eat granola on its own as an afternoon snack.

Nutrition Facts



Nutrition Facts	
9 servings per container	
Serving size	1/3 cup
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Sugar Alcohol 0g	
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 161mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

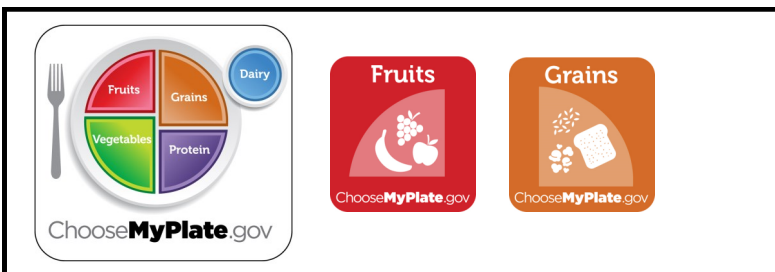
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