



Skillet Granola

FoodHero.org



Ingredients



- 1/3 cup vegetable oil
- 3 Tbsp honey
- 1/4 cup powdered milk
- 1 tsp vanilla
- 1/2 cup sunflower seeds
- 1 cup raisins
- 4 cups old fashioned rolled oats

Yield: 5 cups
Serving Size: 1/3 cup



Directions



1. Warm oil and honey in a skillet for one minute over medium heat (300 degrees in an electric skillet). Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds, and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

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



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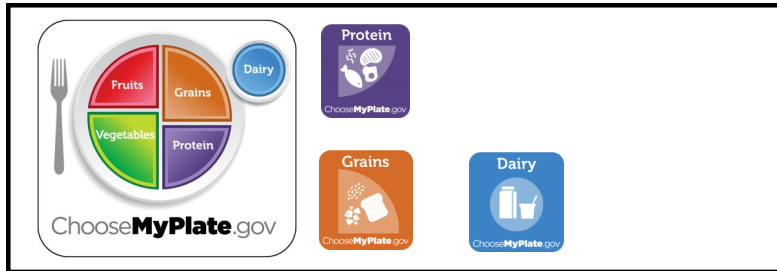
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Fast Facts



Featured Food Groups



Cooking Tips



- For a less expensive and dairy-free version, omit the dried milk. Nutritionally, there will be slightly less calcium.
- Try adding any of these ingredients: one tsp cinnamon, chopped nuts, dried fruit, wheat germ, or coconut.
- Serve with milk, yogurt, and/or fresh or canned fruit.

Nutrition Facts



Nutrition Facts	
15 servings per container	
Serving size	1/3 cup
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 0mg	0%

*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.

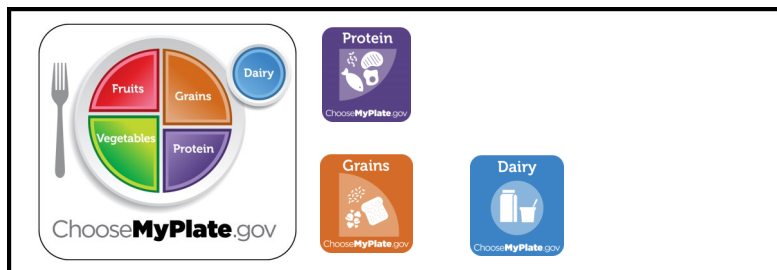
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