



## Granola

Makes: 8 (½ cup) servings  
 Preparation Time: 10 minutes  
 Cooking Time: 45-60 minutes

### *Ingredients*

- 2 tablespoons honey\*
- ½ cup water
- 2 tablespoons vegetable oil
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 4 cups uncooked rolled oats (oatmeal)

### *Directions*

1. Preheat oven to 275 degrees 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.

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

### **Nutrition Facts**

Serving Size 1/2 Cup (69g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 240	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 6g	



*Be Creative!*

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