



Great Grains Granola

Granola doesn't require precise measurements and lets families try new ingredients and design their own granola!

Ingredients:

- 3 cups uncooked quick or old-fashioned rolled oats
- 1 cup rolled wheat or rolled barley*
- ½ cup wheat bran, oat bran, milled flax seed or wheat germ**
- ½ cup whole wheat flour
- 1 cup chopped nuts, sunflower kernels or flaked coconut***
- 1 cup non-fat dry milk powder
- ½ cup packed brown sugar or honey
- ⅓ cup melted butter or vegetable oil
- ½ teaspoon salt
- 1½ teaspoons ground cinnamon
- 1 teaspoon vanilla
- 1 cup raisins or dried fruit

* Option: May use ½ cup rolled wheat and ½ cup rolled barley

** Option: May use a combination of wheat bran, oat bran, milled flax seed or wheat germ to measure 1 cup

*** Option: May use chopped nuts, sunflower kernels, coconut or any combination

Preparation Time: 15 minutes

Baking Time: 25 to 30 minutes

Makes: 8 cup

Serving: ¼ cup

Directions:

1. Preheat oven 325 °F.
2. Combine all ingredients except raisins or dried fruit in large mixing bowl.
3. Spread mixture evenly between two ungreased 13x9-inch pans.
4. Place both pans in oven. Bake 25 to 30 minutes or until golden brown. Stir every five minutes. (Mixture can also be cooked in a non-stick skillet using medium-low heat.)
5. Cool granola thoroughly. Add raisins or dried fruit. Store in a tightly covered container in the refrigerator or a cool dry place.



Family Activity:

Making granola is a great way to practice measuring skills while expanding your whole grain experience. Measure dry ingredients by spooning dry ingredient into measuring cup and leveling. Measure liquid ingredients with a liquid measuring cup on a flat surface.

Nutrition Facts (1 serving/59g)

Calories: 253, Protein: 7g, Carbohydrates: 36g, Dietary Fiber: 5g, Fat: 11g, Saturated Fat: 1g, Mono Fat: 5g, Poly Fat: 4g, Cholesterol: 1mg, Calcium: 80mg, Potassium: 157mg, Sodium: 100mg



Fun Fact:

A whole grain includes all three parts of the grain, endosperm, bran, germ and a wide variety of nutrients. The sum of all three parts contributes important health benefits to every cell of the body.



Vocabulary:

Granola:

a snack or breakfast cereal made with a variety of grains and rolled oats. Sugar, nuts, seeds and spices are most often added.