

GRAND GRANOLA

Easy Recipe

Granola is really just toasty oats tossed with a little oil with any mix-ins of your choice. Adding dried fruit, nuts, seeds, or chocolate chips can be fun! This granola can be munched on just as is, served with milk or yogurt, or added to a smoothie.

PREP TIME:

10 minutes

COOKING TIME:

20 - 25 minutes

AMOUNT RECIPE MAKES:

6 cups

SKILLS USED:

Measuring, mixing/stirring, baking using the oven

Nutrition Nuggets: Pumpkin and sunflower seeds give our bodies iron, which helps carry oxygen in our blood and keeps us feeling energized.

Leftover Love: Leftover granola can be stored in an airtight container at room temperature for about 2 weeks. Enjoy on top of oatmeal, with yogurt, with milk (like cereal), or even on ice cream! Get creative with your granola!

Food for Thought: Granola gained popularity in the 1960s and 1970s as the ultimate snack for outdoor adventures. It's lightweight, lasts long, and gives a quick energy boost! Pack some granola for your next adventure and enjoy the tasty crunch!

EQUIPMENT:

- Oven
- Aluminum foil or parchment paper
- Large bowl
- Measuring cups and spoons
- Spoon for mixing/stirring
- Baking sheet

INGREDIENTS:

- 1/2 cup pumpkin seeds (*can be optional*)
- 1/2 cup sunflower seeds (*can be optional*)
- 4 cups old-fashioned rolled oats
- 1/2 cup canola oil
- 1/3 cup pure maple syrup or honey
- 1/4 teaspoon fine salt
- 1 teaspoon ground cinnamon
- 1/2 cup mix-ins of your choice (raisins, dried cranberries, other dried fruit, chocolate chips, etc.)

DIRECTIONS:

1. Preheat the oven to 325°F.
2. Put aluminum foil or parchment paper on a large baking sheet.
3. Add the seeds and oats to a large bowl.
4. Add oil, maple syrup or honey, salt, and cinnamon. Stir to combine.
5. Spread out the oats in an even layer onto the baking sheet.
6. Place the oats in the oven and bake for 10 minutes.
7. Stir the oats, then bake for an additional 10 - 15 minutes, until the oats are lightly browned.
8. Remove granola from the oven.

Add the mix-ins that you are using, stir, and let the granola cool before eating.