



A Nutrition Resource

GRANOLA

Yield: 8 Servings | Serving Size: 1/2 cup
Cost/Serving: \$0.24

Ingredients:

- 2 Tablespoons honey*
 - 1/2 cup water
 - 2 Tablespoons vegetable oil
 - 1/2 teaspoon vanilla extract
 - 1/2 teaspoon cinnamon
 - 1/4 teaspoon salt
 - 4 cups uncooked rolled oats (oatmeal)
- *Children under the age of one should not consume honey.

Directions:

- 1) Preheat oven to 265°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) Baked for 20 more minutes and stir as before.
- 6) Bake 20 more minutes and stir as before.
- 7) Bake 5-20 minutes until granola is golden brown.
- 8) Break into small pieces with spatula.
- 9) Cool and then store in a covered container.

Variation: Add dried fruit and nuts after baking.

Nutrition Facts

8 servings per container	
Serving size	1/2 cup (69g)
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 154mg	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.



This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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