



Kid's Korner

Recreation at Home

Homemade Granola

Servings: 5

Ingredients:

- 2 tbsp canola oil
- 1/3 cup brown sugar
- 1/3 cup honey
- 3 cups large flake rolled oats
- 1/2 cup wheat bran
- 1/4 cup unsweetened coconut
- 1/4 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1 tsp cinnamon
- 1/2 cup raisins/craisins

Directions:

- 1) Preheat oven to 325F.
- 2) In large saucepan, combine oil, brown sugar and honey and bring them to a simmer over medium heat.
- 3) In a bowl, combine oats, wheat bran, coconut, sunflower seeds, pumpkin seeds and cinnamon. Stir together until mixed.
- 4) Pour oat mixture into the saucepan and stir until everything is well coated.
- 5) Spread the granola onto a large cookie sheet lined with parchment paper or foil.
- 6) Bake for 10 minutes. Turn and stir the granola and bake another 10 minutes or until the granola is golden brown. Let cool and then break up granola.
- 7) Add raisins/craisins to the granola.
- 8) Store in an airtight container.

Tips:

Substitute for other dried fruit such as dates or apricots