



Granola

Servings 9 | Prep time 5-10 mins. | Total time 20-25 mins.

Equipment:

Large bowl
Baking sheet

Utensils:

Whisk or fork
Spoon
Measuring spoons and cups

Ingredients

4 tablespoons honey
2 tablespoons vegetable oil OR canola oil
1/2 teaspoon ground cinnamon
2 cups rolled oats
4 tablespoons almonds, sliced
4 tablespoons unsweetened shredded coconut (optional)
Non-stick spray
1 1/2 cup dried fruit (reduced sugar cranberries, blueberries, strawberries, raisins, etc.)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Preheat oven to 350 degrees.
3. In a large bowl, add honey, oil, and cinnamon. Use a fork or whisk to thoroughly combine.
4. Add oats, almonds, and coconut (if using). Stir until well coated with honey mixture.
5. Spray baking sheet with non-stick cooking spray.
6. Bake until very light brown, 10-15 minutes.
7. Remove from oven, add dried fruit, and let cool.

Nutritional Information:

Calories 200
Total Fat 6g
Sodium 5mg
Total Carbs 37g
Protein 3g