



Granola

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

Equipment: Large bowl, Measuring spoons and cups, Baking sheet

Utensils: Whisk or fork, Spoon

Ingredients

Non-stick spray

4 tablespoons honey

2 tablespoons canola or vegetable oil

1/2 teaspoon ground cinnamon

2 cups old-fashioned rolled oats

4 tablespoons almonds, sliced

4 tablespoons coconut, shredded and unsweetened (optional)

1 1/2 cup dried fruit

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 whisk or fork 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 fruits, and let cool.

Nutritional Information:

Calories 200

Total Fat 6g

Sodium 5mg

Total Carbs 37g

Protein 3g