Granola
Makes 8 servings

Ingredients:
- 2 tablespoons honey*
- ½ cup water
- 2 Tablespoons vegetable oil
- 4 cups uncooked rolled oats (oatmeal)
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon salt

*Children under the age of one should not consume honey.

Directions:
1. Preheat oven to 275°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. Bake for 20 minutes. Remove from oven, stir mixture well and return to oven.
6. Bake 20 more minutes and stir as before.
7. Bake 5-20 more minutes until granola is golden brown.
8. Break into small pieces with spatula.
9. Cool and then store in a covered container.

Be creative: Try adding dried fruit and nuts after baking for a tasty, healthy treat!

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Nutrition Facts
8 servings per container

Serving size: 1/8 of recipe (64g)

Amount per serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>200</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>75mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Includes 4g Added Sugars</td>
<td>8%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

Vitamin D 0mcg | 0%
Calcium 22mg | 2%
Iron 1mg | 6%
Potassium 154mg | 4%

*The % Daily Value 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.

31% calories from fat