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 275ºF.
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

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/8 of recipe (64g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 200</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>Total Fat 7g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td></td>
<td>Sodium 75mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate 31g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td></td>
<td>Total Sugars 5g</td>
</tr>
<tr>
<td></td>
<td>Includes 4g Added Sugars</td>
</tr>
<tr>
<td></td>
<td>Protein 5g</td>
</tr>
</tbody>
</table>

*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

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by Expanded Food and Nutrition Education Program.