Granola

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!

Yields about 8 servings

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

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

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