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

Nutrition Facts
Serving Size ½ cup (2.3 ounces)
Servings Per Recipe 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 200</th>
<th>Calories from Fat 60%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75mg</td>
<td>3%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin A          | 0%          |                       |
| Vitamin C          | 0%          |                       |
| Calcium            | 0%          |                       |
| Iron               | 10%         |                       |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:
2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate Less than 300g 375g
Dietary Fiber Less than 25g 30g

30% calories from fat

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

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