



# Make Half Your Grains Whole



**EFNEP**

Expanded Food and Nutrition Education Program

## Granola

Makes: 8 (½ cup) servings  
Preparation Time: 10 minutes  
Cooking Time: 45-60 minutes

### Ingredients

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

### Directions

1. Preheat oven to 275 degrees F.
2. Mix honey, water, vegetable oil, vanilla extract, 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!

### Nutrition Facts

Serving Size 1/2 Cup (69g)  
Servings Per Container 8

Amount Per Serving

**Calories 240**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 75mg**    **3%**

**Total Carbohydrate 38g**    **13%**

Dietary Fiber 5g    **20%**

Sugars 4g

**Protein 6g**

