

Name _____

INGREDIENTS:

6 cups rolled oats
1/4 cup brown sugar
1/2 cup coconut oil
1/3 cup honey
2 tsp vanilla

OPTIONAL INGREDIENTS:

1 cup shredded coconut
1/4 cup sunflower seeds
1 cup mixed dried fruits (blueberries, cherries,
mango, raisins, cranberries, etc.)
1 cup chopped nuts

INSTRUCTIONS:

Mix together oats and brown sugar together. In a separate bowl, blend together the oil, honey and vanilla. Pour this over the dry mixture and stir until the oats are coated. Add in any optional nuts or seeds and blend thoroughly. Spread mixture on a sprayed baking sheet and bake at 350 degrees F for 30 minutes. Stir frequently to ensure even baking. It should be golden brown when it is done. Add dried fruit and coconut after it comes out of the oven. Let it cool on the baking sheet and then break up any large pieces. Store in an airtight container.

Makes 8 cups. Can store for 3 weeks.

1. Which ingredients are required?

2. Which ingredients are optional?

3. Which optional ingredients get baked?

4. What are you supposed to do to ensure the granola bakes evenly?

5. How should you store your granola?

ANSWERS

1. oats, sugar, oil, honey, vanilla
2. shredded coconut, sunflower seeds, mixed dried fruits
3. oats, sugar, oil, honey, vanilla, nuts and seeds
4. stir frequently
5. store in an airtight container