

Homemade Granola

Makes 24 Servings (serving size = ¼ cup)

½ cup Honey (look for local honey)

4 Tablespoons Vegetable oil

1 teaspoon ground Cinnamon

4 cups Old-Fashioned Oats (not quick-cooking)

1 ¼ cup Dried fruit (optional)

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. In a large bowl, stir together honey, oil and cinnamon.
4. Stir in oats.
5. Spray a large baking sheet with non-stick cooking spray. Pour the oat mixture onto the baking sheet and spread evenly.
6. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. **Watch closely to make sure granola doesn't burn!**
7. Remove from oven and cool completely.
8. Transfer cooled granola to airtight container with a lid. Stir in dried fruit (if desired).
9. Cover, label and date.

Storage: Granola can be stored at room temperature or in the refrigerator for up to 3 weeks.

Check out the DIY Yogurt Bar ideas and build a yummy yogurt parfait for breakfast or snack.

DIY Yogurt Bar Ideas:

Ingredients:

- Homemade granola
- Fresh or frozen fruit: bananas, blackberries, blueberries, mangos, peaches, pineapples, strawberries
- Low-fat or nonfat plain or vanilla yogurt (Try Greek yogurt)
- Toasted, sliced almonds
- Fresh mint
- Fresh lemon or lime zest

Building a yogurt parfait [pahr-fey]:

1. Spoon yogurt into cup or small bowl.
2. Spoon homemade granola on top of the yogurt.
3. Add fresh or frozen fruit.
4. Add more yogurt, then homemade granola, then fruit.
5. Garnish with a little fresh mint.

Share pictures of your DIY Yogurt Bar and the parfait you made!

- What fruits did you use?
- What type of yogurt did you use?
- What ingredients did we miss?