



# Whole Grain Granola



## Equipment

 Baking sheet


 Parchment paper (optional)

 Small saucepan or microwave safe dish

## Ingredients

 5 cups Old-fashioned oats (regular or gluten-free)

  $\frac{1}{2}$  cups Honey (or maple syrup)





  $\frac{1}{2}$  cups Nut butter (Nut free? Swap for sunflower seed butter)

 1 tsp. Vanilla extract



  $\frac{1}{2}$  tsp. Cinnamon (optional)

**KinderCare Cooks Tip:** *Infants 12 months and younger should not eat honey*





## Instructions

-  1 Preheat oven to 275 degrees F.
-  2 Optional: Line baking trays with parchment paper.
-  3 Place oats and cinnamon in a large bowl and set aside.
-  4 Combine nut butter (peanut, almond, cashew, or sunflower seed butter), honey, and vanilla in a small saucepan and heat to warm about 1-2 minutes, until the two are incorporated.


**KinderCare Cooks Tip:** *For a stove-free heating alternative, try placing the honey, and nut/seed butter in a microwave safe dish and heat for about 30-45 seconds. Stir to combine ingredients and add in the vanilla.*

-  5 Pour the nut/seed butter mixture over the oats and stir until well combined.
-  6 Spread the granola in an even layer on a baking sheet.

**KinderCare Cooks Tip:** *if you have parchment paper it will make clean-up a snap.*


-  7 Bake for 20 minutes.
-  8 Stir and continue baking another 10-15 minutes more until the granola becomes a light golden-brown color.
-  9 Let cool on the baking sheet.
-  10 The granola will become crisp as it cools. Crumble with your hands and store in an airtight container for up to 2 weeks.

## Optional Add-in Ingredients Ideas:

 Nuts: chopped pecans, almonds, walnuts, or cashews

 Seeds: pepitas (pumpkin seeds), sunflower seeds, chia, or coarsely ground flax seeds

 Unsweetened coconut, flakes, or strips

 Dried fruits: raisins, dried blueberries, dried cherries, dried cranberries, or dried currants

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## SHOPPING LIST

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- Honey (or maple syrup)
- Nut butter (Nut free? Swap for sunflower seed butter)
- Vanilla extract
- Cinnamon (optional)

**Notes:**