

From the Kitchen of the

# Cent\$ible Nutrition Program

## Homemade Granola

### Ingredients

- 6 cups old-fashioned rolled oats
- 3 cups crushed wheat bran flakes cereal (wheat bran or whole wheat listed at first ingredient)
- ¼ cup sunflower seeds
- ½ cup canola oil
- 1 cup honey
- 1 Tablespoon vanilla
- 1 cup dried fruit (optional)

### Directions

1. Wash hands in warm, soapy water.
2. Preheat oven to 300°F.
3. In a large bowl, combine oats, wheat bran, and sunflower seeds.
4. Combine oil, honey, and vanilla in a saucepan and heat slightly.
5. Pour oil mixture over oat mixture. Mix thoroughly.
6. Transfer to either one 12x18-inch pan or two 9x12-inch pans.
7. Bake for 50 minutes, stirring every 10-15 minutes until lightly toasted.
8. Remove from oven. Fold in dried fruit while mixture is still warm.
9. Cool, stir, and store in airtight container.

### Nutrition Facts

Serving Size 1/2 cup (38.25g)  
Servings Per Container 30

#### Amount Per Serving

Calories 160      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 0.5g      3%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 24g      8%

Dietary Fiber 4g      17%

Sugars 10g

Protein 3g      6%

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 30



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