



## HOMEMADE GRANOLA CEREAL

Filled with healthy fats, fiber, and protein, this cereal will satisfy the heartiest of breakfast appetites. Pair with a lowfat milk and fresh fruit to round out this meal!

*\*Note: this recipe is pretty flexible. As long as you don't get too far off on the dry:wet ratio, you can do quite a bit of experimentation.*

### DRY INGREDIENTS

8 cups rolled oats  
2 cups flaked coconut  
2 cups wheat bran  
2 cups ground flax  
1 1/3 cups chopped / sliced nuts and seeds  
(cashews, pecans, sunflower seeds, almonds,  
pumpkin seeds, pistachios, chia seeds, etc.)

### WET INGREDIENTS

1/2 cup canola oil  
1 cup honey  
1 Tablespoon vanilla

## DIRECTIONS

1. Mix dry ingredients in large bowl, set aside.
2. Heat oil and honey saucepan (medium heat) and whisk to combine, then whisk in vanilla.
3. Pour honey / oil mixture over granola and stir with a spoon, then work in with hands until evenly distributed.
4. Place into large roasting pans and bake at 225°F to desired crispness, about 2-3 hours.
5. Cool completely, then add dried fruit if desired.
6. Store in sealed container.

*\*Note: Nutrition facts are based on these nut / seed amounts: 3/4 cup cashews, 3/4 cup pecans, and 1/2 cup sunflower seeds.*

*Serving Size: 1/2 Cup  
Serves 34*



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**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**JANUARY**

## Nutrition Facts

Serving Size: 1/2 cup (0g)  
Servings Per Container: 50

### Amount Per Serving

**Calories** 260      **Calories from Fat** 120

**% Daily Value\***

**Total Fat** 13g      **20%**

Saturated Fat 3.5g      **18%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 34g      **11%**

Dietary Fiber 7g      **28%**

Sugars 9g

**Protein** 7g      **14%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 15%

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