

#LetsCook30

HOMEMADE GRANOLA

Makes: 5 Cups

Ready in about: 25 minutes

2 tbsp	canola oil
1/3 cup	brown sugar
1/3 cup	honey
3 cups	large flake rolled oats
1/2 cup	wheat bran
1/4 cup	unsweetened coconut
1/4 cup	sunflower seeds
1/2 cup	pumpkin seeds
1 tsp	cinnamon
1/2 cup	raisins/craisins

INSTRUCTIONS:

1. Preheat oven to 325°F.
2. In large saucepan, combine oil, brown sugar and honey and bring them to a simmer over medium heat.
3. In a bowl, combine oats, wheat bran, coconut, sunflower seeds, pumpkin seeds and cinnamon. Stir together until mixed.
4. Pour oat mixture into the saucepan and stir until everything is well coated.
5. Spread the granola onto a large cookie sheet lined with parchment paper or foil.
6. Bake for 10 minutes. Turn and stir the granola and bake for another 10 minutes or until the granola is golden brown. Let cool and then break up granola.
7. Add raisins/craisins to the granola.
8. Store in an airtight container.

TIPS:

- Use sunflower seeds and pumpkin seeds only if the package states it is peanut/nut safe, or omit sending granola to school.
- You may substitute for other dried fruit such as dates or apricots.

PUBLIC HEALTH

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