

Granola

Heart Health

Items Needed: mixing bowl, spoon, baking pan, parchment paper, spatula

Makes: 10 servings

Ingredients:

- 4 cups rolled oats (you can use quick oats, but they may not have quite the texture you are looking for.)
- 1 ½ cups raw nuts and seeds: we are using pepitas and walnuts, but you can use pecans, almonds, sesame seeds, sunflower seeds etc.
- 1 tsp salt
- 1 tsp cinnamon
- ¼ cup oil
- ½ cup honey, or a combination of sweeteners, agave, maple.
- ½ tsp vanilla
- Optional additions: 1/3 cup dried fruit, chocolate chips.

Directions:

1. Preheat oven to 350 degrees and line a half baking sheet with parchment paper.
2. Combine dry ingredients with the oil, honey and vanilla.
3. Toss everything together and spread out over the baking pan.
4. Place in oven and bake until golden brown.
5. If you prefer a chunky granola, decrease the temperature to 325 and bake granola slowly for longer.
6. Once mixture begins to brown, turn over sections with your spatula.
7. When the granola is golden brown, remove from the oven and allow to cool completely. If you try some before cooling fully, the granola will not be crunchy.

Nutrition Information (per 1/10th recipe):

Calories: 348 Fat: 19.6 g Carbs: 36.6 g Protein: 8.5 g Fiber: 5.8 g Sodium: 258 mg



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