

Whole Grain Recipe

Stove Top

Holiday Granola



Ingredients:	Approx. Cost:
Combine in a large bowl:	
8 cups rolled oats	\$4.25
1 ½ cups chopped pecans	\$4.39
1 ½ cups sliced almonds	\$3.59
Mix in a separate bowl:	
1 cup dried cranberries	\$4.59
1 cup dried apples, chopped	\$3.99
1 cup raisins	\$2.89
1 cup dried plums, chopped	\$2.65
¼ cup crystallized candied ginger, minced	\$1.50
In a small saucepan combine:	
½ cup canola oil	\$.28
½ cup packed brown sugar	\$.40
1 cup honey	\$2.56
Zest of 2 oranges	\$1.60
Juice of ½ an orange	
½ teaspoon salt, 2 teaspoons cinnamon, ½ teaspoon cloves	\$.75**
Total	\$33.44

of servings: 30 – ½ cup servings. **Cost per serving: \$1.11**

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Preheat oven to 350 degrees. Line a large rectangular cake pan or two jelly roll pans with parchment paper. Stir the ingredients in the saucepan and heat until mixture begins to boil. Take off the heat and pour over the oats, pecans and almonds. Stir well to combine. Pour oat/nut mixture into prepared pan and bake in preheated oven for 20 minutes, stirring once or twice so oats and nuts bake evenly and are golden. Out of the oven, add the dried fruit immediately and mix well. Put into airtight containers and let cool to room temperature before sealing. Granola freezes well. **Serve** with milk or yogurt, topped with fresh plums or pears or apples.

Nutritional Information per serving (1/2 cup)

Calories	294
Total Fat	13 g
Saturated Fat	1 g
% of daily total	4.5 %
Carbohydrates	44 g
Fiber	4
Protein	5 g
Fiber	11 g

	% of daily total
Vit A	0 %
Vit C:	2 %
Calcium:	4 %
Iron	11 %
Good source of* Iron, Magnesium, Manganese, Phosphorus, Riboflavin, Thiamin, Zinc, Selenium	
*(10% or more of the RDA)	

based on 2000 calorie diet

