

Homemade Skillet Granola



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Prep Time: 15-20 min.

Cook Time: 15-30 min.

Yields: 10 servings

INGREDIENTS

2 tbsp	Olive Oil
¼ cup	Honey
2 cups	Old fashioned rolled oats
¼ cup	Oat bran, wheat bran, or wheat germ
¼ cup	Seeds (whole flaxseed, coconut)
½ cup	Dried fruit (raisins, cranberries, apricots, dates, prunes, pineapple, etc.), cut into bite size pieces
1 pinch	Salt

DIRECTIONS

1. In a large skillet, add olive oil and honey and heat over medium heat, stirring occasionally. Allow the mixture to come to a boil (it will look foamy).
2. Stir in oats, wheat bran, and seeds or nuts, coating thoroughly.
3. Stir in dried fruit and sprinkle with a pinch salt. Mix thoroughly.
4. Turn heat to low and continue to cook for 5 minutes, stirring frequently, until oats are light brown and toasted.
5. Remove from heat and put into a large bowl. Allow to cool for at least 15 minutes. Oats will crisp as they cool.

Chef's Corner

To store, put into a jar or container with a tight-fitting lid.



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The Ingredient to a Healthy Life

FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.

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