

# Homemade Granola



BY CHEF NICK SPEROS, SCHOOL FOOD CHEF,  
PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

I love making this granola with kids and adults alike. It's a great introduction to whole grains for kids, and a perfect way of showing busy parents that cooking with their kids is the key to getting them to navigate to a healthier diet. The aroma of this recipe fills the kitchen and draws people in to see what's cooking. The combination of the ingredients gives a power-punch of nutrients.

—Chef Nick, Project Bread's School Food Chef

**YIELD** 100, ½ cup servings

## INGREDIENTS

2 cups	light brown sugar
2 cups	honey
½ cup	unsalted butter, melted
1 ½ cups	canola oil
½ cup	ground cinnamon
½ tablespoon	ground cloves
25 cups	rolled oats
1 quart	pecans, chopped
1 quart	dried fruit (raisins, cranberries, apricots, prune, dates, etc.)
	Non-stick spray

## METHOD

- 1 Preheat oven to 350°F.
- 2 In a large bowl, combine sugar, honey, butter, oil, cinnamon, and cloves. Whisk well with a fork.
- 3 Add the oats and nuts to the bowl; stir until well combined with the honey mixture.
- 4 Line baking sheets with parchment paper. Spray to coat. Evenly distribute the mixture amongst the pans.
- 5 Bake for 15-20 minutes until lightly browned, stirring every 5 minutes.
- 6 Allow to cool completely. Combine with the dried fruit.
- 7 Store in an air-tight container for up the three weeks.

**NOTE** *This can be served with milk or yogurt as a great breakfast.*

## USDA REQUIREMENTS MET

2 ounce equivalent whole grain-rich

**NOTE** *All grain products served in SBP must be credited based on per-ounce equivalent (oz eq) standards. Ready-to-eat (RTE) breakfast cereal credit as 1 oz eq= 1 cup flakes or rounds, 1.25 cups puffed cereal, and ¼ cup granola.<sup>1</sup>*

## NUTRITIONAL INFORMATION

calories: 276; sodium: 3.16 mg; saturated fat: 5.10%

<sup>1</sup> United States Department of Agriculture. (2014). *Whole Grain Resource for the National School Lunch and School Breakfast Programs: A Guide to Meeting the Whole Grain-Rich Criteria.*