



Eating Smart and Being Active During Pregnancy

Granola

Makes: 8 (1/2 cup) servings
Preparation Time: 10 minutes
Cooking Time: 45-60 minutes

Ingredients

2 tablespoons honey*
1/2 cup water
2 tablespoons vegetable oil
1/2 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/4 teaspoon salt
4 cups uncooked rolled oats (oatmeal)

Directions

1. Preheat oven to 275 degrees F.
2. Mix honey, water, vegetable oil, vanilla extract, cinnamon, and salt in a large bowl.
3. Stir in oats; mix well.
4. Spread mixture on a cookie sheet, making a thin layer.
5. Bake for 20 minutes. Remove from oven, stir mixture well and return to oven.
6. Bake 20 more minutes and stir as before.
7. Bake 5-20 more minutes until granola is golden brown.
8. Break into small pieces with spatula.
9. Cool and then store in a covered container.

*Children under the age of one should not consume honey.

Nutrition Facts	
Serving Size 1/2 Cup (69g)	
Servings Per Container 8	
Amount Per Serving	
Calories 240	Calories from Fat 60
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% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 38g	13%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6g	



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