

The Upper Valley Farm to School Network's
Homemade Healthy Granola Recipe

Ingredients:

- ¼ c maple syrup*
- ¼ c honey*
- 2T butter*
- 3 c oats
- ½ c pumpkin seeds
- ½ c sunflower seeds
- ½ c dried fruit (raisins, cranberries, apricots)
- ½ c wheat germ
- 1 tsp salt



Whole seeds contain all the energy to sprout from a seed into a plant. They are made of three parts, the seed coat, the endosperm, and the embryo. When we eat whole seeds, they give us the energy we need for our active lives!

*These ingredients are easy to buy from local producers! All the ingredients in this recipe can grow in Vermont and New Hampshire.

Directions:

1. The first step to making granola is at a farm. All of our ingredients came from a farm before we got them.
2. Preheat oven to 325° F. Gather ingredients and tools for cooking.
3. Measure out ingredients (ahead of time or as you use them, whichever works best for you).
4. Toast seeds (oats, sunflower seeds, pumpkin seeds, and wheat germ) in the oven for 15 minutes.
5. Melt butter, maple syrup and honey in a saucepan on the stovetop.
6. Combine all ingredients (toasted seeds, butter mixture, dried fruit and salt) in a large bowl.
7. Grease a cookie sheet or baking pan and spread your mixture evenly on it.
8. Bake for 25-35 minutes.
9. When cool, cut into bars or break into small clusters to eat it as cereal. Enjoy with friends!

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