

TRY MAKING YOUR OWN GRANOLA CLUSTERS AT HOME:

Ingredients:

¼ cup Maple

½ cup honey

2 T butter

3 cups Oats

½ cup pumpkin seeds

½ cup sunflower seeds

½ cup dried fruit

½ cup wheat germ

MAKING YOUR OWN

GRANOLA Bars, and cereal, is a

great way to spend time together,

and save money. Under \$5 a batch,

makes about 12 servings of this

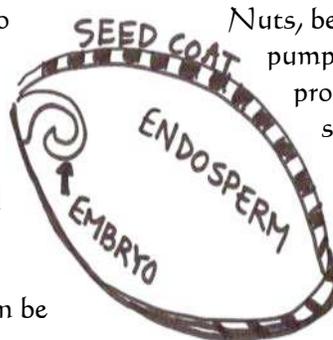
yummy healthy snack.

Other Nuts are optional, but because of allergies we did not use tree nuts in the classroom.

1. The first step begins in a garden. All of our ingredients came from a farm before we got them.
2. Preheat oven to 325.
3. Gather ingredients and tools for cooking.
4. Toast seeds, (oats, sunflower seeds, pumpkin seeds, and wheat germ) in the oven for 15 minutes, stirring often.
5. Melt butter, maple and honey on the stovetop.
6. Combine ingredients and spread in greased pan.
7. Bake for 20-25 minutes.
8. Cut when cool.
9. Share with friends and enjoy!

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 the whole seed, they give us the energy we need for our active lives.



Nuts, beans, sunflower seeds, and pumpkin seeds are great sources of protein, and make delicious snacks.

HOW Many of these ingredients can be grown locally?

How many can you find in your pantry?

Wheat germ is the embryo, or baby plant, of the wheat seed and holds the most nutrition.

To make your own nutritious granola, try making this Granola recipe from Shelburne Farms:

Ingredients:

3 Cups oats
2 tsp vegetable oil, (or butter, or coconut oil)
¼ cup pumpkin seeds
¼ cup sesame seeds
½ cup dried fruit
¼ cup sliced almonds
¼ cup sliced walnuts
maple and/or honey to coat

Instructions:

1. Preheat oven to 325.
2. Mix all ingredients in a bowl. If mixture is dry add extra honey/maple syrup or canola oil.
3. Spread thinly on cookie sheet.
4. Place cookie sheet in oven. Check on and stir granola every 15 minutes or so.
5. Granola is finished when mixture is dry and toasted after 45 minutes to an hour.

Nutrition Information

Homemade granola is a great treat. The oats, nuts and dried fruit offer lots of nutrition. Whole grains and dried fruits give kids the fiber that stimulates brainpower! Nuts give kids protein for their muscles and sustained energy. Add peanut butter to make granola balls-and you've increased the protein and nutrients!
Most granola bought at the store has refined sugars in it. By making your own you can use honey or maple syrup instead of other sweeteners that aren't as good for growing bodies and minds.

Recipes courtesy of the Community Curriculum Project of the Upper Valley Farm to School Network and our classroom volunteers. For more information visit our website: <http://www.uvfts.org/fts-tools/classroom/fts-community-curriculum/>. Questions and suggestions welcome: clovermont@gmail.com