



Granola

10-12 Servings • 1 Serving = 1/4 Cup

INGREDIENTS

- 2 cups rolled oats
- 2/3 cups walnuts, chopped
- 1/3 cup almonds, chopped
- 1/3 cup raw pumpkin seeds
- 1/3 cup coconut flakes, unsweetened
- 2 Tablespoons honey
- 1 teaspoon vanilla extract

DIRECTIONS

1. Preheat oven to 350°F. Prepare a baking sheet by lining with parchment paper.
2. Combine all dry ingredients in a large bowl.
3. In a separate bowl, combine the honey and vanilla extract. Mix well.
4. Add the honey mixture to the dry ingredients and stir well to combine. Lay the oat mixture on the lined baking sheet in an even layer.
5. Bake for 15 minutes. Stir the granola, then bake for an additional 5 minutes.
6. Remove the baking sheet from the oven and let cool 15 minutes. Store in an airtight container.

Nutrition Facts	
10 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 139mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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