



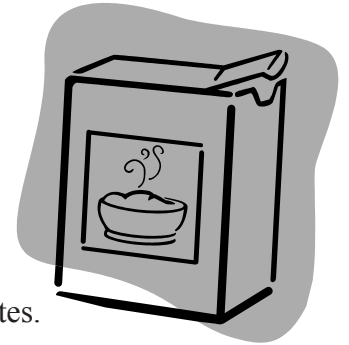
# CAPE COD COOPERATIVE EXTENSION

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N u t r i t i o n E d u c a t i o n P r o g r a m

## Simple Granola (Baked)

- 3 1/2c. quick-cooking oatmeal
- 1/4 c. canola oil
- 1/4 c. honey
- 1 tsp. vanilla
- Optional: 1/2c. raisins, nuts, sunflower seeds, coconut or dried fruit.



Combine all ingredients and mix well.  
 Spread on a cookie sheet with sides and bake at 300 F and cook for 10 minutes.  
 Cool and store in a tightly covered container.

## 5-minute Microwave Granola

- 3 cups of old fashioned rolled oats
- 1/4 cup canola oil
- 1/3 c. honey
- 3/4c. nut and fruit trail mix
- Or:
- 1/2 c. chopped nuts
- 1/4 c. dried fruit (raisins, craisins etc.) \*see note

Mix all ingredients in a large microwave safe bowl. Cook on high power for 2 minutes and stir. Cook another 2-3minutes and stir again. Pour mixture out onto wax paper and let cool. Store in an airtight container. \*Note: for best results, if using dried fruit, add it after microwaving and cooling mixture.

## Cinnamon Oatmeal Pancake Mix

- |  |                       |
|--|-----------------------|
| 4 c. quick cooking oats  | 1 Tbsp. cinnamon      |
| 2 c. flour   | 2 tsp. salt           |
| 2 c. whole wheat flour   | 3 Tbsp. baking powder |
| 1 c. non-fat dry milk powder   | 1/2 c. sugar          |
| 1/2 tsp. cream of tartar (if you have it...it keeps mix from sticking together when held in storage) |                       |

Combine ingredients and stir well. Store in a cool dry place in airtight container. Use within 6 months. Mixing directions: In medium bowl, beat 2 eggs. Add 3 Tbs. canola oil. Stir 2 cups of pancake mix alternately with 1 cup of water. Drop by spoonfuls onto heated skillet. When bubbles appear and break on pancakes, turn them over. Cook about 2 to 3 minutes.



Recipes from Utah State University Cooperative Extension

Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating.  
 Barnstable County and UMass Extension offer equal opportunity in programs and employment.

# Granola Bars

Serving Size: 1 bar

Yield: 24 servings

Ingredients:

1 cup honey

1 cup peanut butter

3 1/2 cups rolled oats

1/2 cup raisins

1/2 cup grated carrots

1/2 cup coconut

Instructions:



1. Preheat oven to 350 degrees.

2. Peel and grate the carrots.

3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.

4. Remove the pan from the heat. Turn off the burner.

5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.

6. Put the mix in the baking pan.

7. Press the mix firmly into the bottom of the pan.

8. Bake for 25 minutes.

9. Cut into 24 bars.

<b>Nutrition Facts</b>	
Serving Size 1 bar, 1/24 of recipe (43g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 2g	8%
Sugars 15g	
<b>Protein</b> 4g	
Vitamin A 8%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from:

Pennsylvania Nutrition Education Network

The Pennsylvania Nutrition Education Program