

Great Grains Granola

Makes about 6 cups granola

Ingredients

- 3 cups oatmeal (or part rolled wheat, soy flakes or rolled barley)
- 1 ½ cup wheat bran **or** oat bran **or** milled flax seed **or** sesame seeds
- 1 cup flaked coconut **or** wheat germ
- ½ cup chopped pecans **or** sunflower kernels **or** soy nuts
- ½ cup honey **or** brown sugar
- ¼ cup melted margarine, butter **or** vegetable oil
- ¼ teaspoon salt
- 1 ½ teaspoon cinnamon

Optional: 1 cup non-fat dry milk powder or soy protein isolate

Nutrition Facts: Serves 24
A ¼ cup (1 oz) serving provides

Calories 110
Total fat 5g Sat. fat: 2.5g
Cholesterol 5mg
Sodium 120mg
Total carbohydrate: 16g
 Dietary fiber: 2g Sugars: 6g
Protein: 3g
Vit. A: 2%
Vit. C: 0%
Calcium: 2%
Iron 6%

Directions

1. Preheat the oven. Combine all ingredients and spread in an ungreased large pan with sides. Stirring every five minutes, bake at 325 degrees F. for 25 to 30 minutes, until golden brown. You can also make this in a non-stick skillet, stirring over medium low heat.
2. Cool thoroughly and store in a tightly covered container in the refrigerator or a cool dry place. Serve ¼ cup (one serving) with milk, yogurt, pudding, custard, ice cream, fruit or alone!

Source: Hodgson Mill—www.HodgsonMill.com

Great sites: Kansas Wheat Commission --www.kswheat.com
Kansas State University--www.kidsacookin.ksu.edu
Home Baking Association --www.homebaking.org
Get on the Grain Train --www.usda.gov/cnpp
Soy Foods—www.soyfoods.com

Granola Bars

Eight-inch baking pan--Makes 8 bars

Ingredients

- 4 1/3 cups granola
- 1/8 teaspoon salt
- ¼ cup honey
- 3 tablespoons molasses (or more honey)
- ¼ teaspoon vanilla
- ¼ teaspoon cinnamon
- Optional: 1 cup chopped dried fruit (apples, cranberries, cherries, blueberries, raisins) or mini chocolate chips

Directions

1. Preheat oven to 350 degrees F.
2. Line the bottom of the baking pan with waxed paper, then grease the waxed paper with margarine or shortening.
3. In a large mixing bowl, stir all the ingredients together. Press the mixture into the baking pan and bake for 12 to 15 minutes, until lightly browned.
4. Remove the bars from the oven, let cool on cooling rack about 5 minutes. Turn the pan over and remove the baked mixture from the pan. Peel off the waxed paper and cut the granola into smaller bars. After cooled, wrap individual bars in plastic food wrap or foil. From *Kids in the Kitchen*. By Micah Pulleyn & Sarah Bracken. 1994.