



## Homemade Granola

# RECREATION AT HOME

#LetsCook30Challenge

**Servings:** 5

**Ready in about:** 25 minutes

### Ingredients:

• 2 tbsp canola oil	• 1/4 cup unsweetened coconut
• 1/3 cup brown sugar	• 1/4 cup sunflower seeds
• 1/3 cup honey	• 1/2 cup pumpkin seeds
• 3 cups large flake rolled oats	• 1 tsp cinnamon
• 1/2 cup wheat bran	• 1/2 cup raisins/craisins

### Instructions:

1. Preheat oven to 325°F.
2. In large saucepan, combine oil, brown sugar and honey and bring them to a simmer over medium heat.
3. In a bowl, combine oats, wheat bran, coconut, sunflower seeds, pumpkin seeds and cinnamon. Stir together until mixed.
4. Pour oat mixture into the saucepan and stir until everything is well coated.
5. Spread the granola onto a large cookie sheet lined with parchment paper or foil.
6. Bake for 10 minutes. Turn and stir the granola and bake for another 10 minutes or until the granola is golden brown. Let cook and then break up granola.
7. Add raisins/craisins to the granola.
8. Store in an airtight container.

### Tips:

- Use sunflower seeds and pumpkin seeds only if the package states it is peanut/nut safe, or omit sending granola to school.
- You may substitute for other dried fruit such as dates or apricots.

For more fun, healthy recipes, check out York Region's **#LetsCook30Challenge**