



recipes

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Oscar's No Grouch Granola



Prep Time:
5 min



Cook Time:
20 min



Makes:
4 servings

Ingredients:

- 2 cups rolled oats
- ½ cup sliced or silvered almonds
- ¼ cup wheat germ
- ½ cup coconut (optional)
- ¼ cup vegetable or canola oil
- ¼ cup honey (or brown sugar or maple syrup or agave nectar)
- 1 cup freeze dried fruits, such as strawberries, blueberries, bananas

Gather together these ingredients and any other optional items...whatever makes you happy...not grouchy!

Directions

Step 1: All Hands In

Mix together rolled oats, almonds, wheat germ, and coconut. Add oil and honey.

Little Hands Tip: Talk to your child about how important it is to wash your hands with water and soap before working with food. Scrub up well. Then use your hands to mix up the ingredients in a big bowl. Ask your child to describe what the mixture feels like before and after you add the oil and honey.

Step 2: Spread the Joy

Spread mixture about 1/2 inch thick on two baking sheets with sides. Bake at 300 degrees for about 20 minutes or until mixture is golden brown. Remove from the oven and let cool.



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Little Hands Tip: Let your child help spread the mixture on the baking sheet. While you spread, ask your child to predict what he thinks is going to happen to the mixture in the oven. Does he think it will change shape? Size? Color? Texture? When the tray comes out of the oven, check to see if his predictions came true.

Step 3: Add a Finishing Touch

After completely cool, transfer mix to a large bowl and add whatever freeze-dried fruit you like. Store in an air-tight container or plastic bag

Little Hands Tip: Let your child choose what freeze-dried fruit he'd like to add and mix it in (remember to wash hands again first!). Try to add a rainbow of different colored fruits. Count how many colors he added!

Step 4: Get Un-Grouchy!

Pack up some granola to go and take a walk together. Fresh air, exercise, plus a healthy snack is a perfect recipe for feeling good.