



LIVINGSTON
FOOD RESOURCE CENTER
FOOD PANTRY • COMMUNITY KITCHEN

nourishing the minds, bodies, and hearts of our community's littlest chefs

Grrrrranola Recipe

TOOLS

- Measuring cups
- Measuring spoons
- One mixing bowl
- One mixing spoon
- Baking sheet
- Parchment paper

INGREDIENTS

- 4 cups old fashioned rolled oats
 - 1 cup chopped walnuts
 - 1 cup fruit + nut mix
 - 3/4 teaspoon table salt
 - 1/2 teaspoon cinnamon
 - 1/2 cup olive oil
 - 1/2 cup honey *see allergy section
 - substitute maple syrup if needed
 - 1 teaspoon vanilla extract
 - 1/3 cup raisins
- *Yogurt and banana for parfait

ALLERGY AND FOOD SAFETY INFORMATION

- Top 8 allergens: milk, egg, peanut, soy, wheat, tree nut, shellfish, fish
- Introduce these foods one at a time after the age of 6 months while consulting with your child's primary care physician.
- Honey is safe to consume after 2 years of age
 - Children under 2 are at a higher risk of choking and infant botulism

DIRECTIONS

1. Preheat oven to 300 degrees Fahrenheit
 2. Line a large, rimmed baking sheet with parchment paper
 3. In a mixing bowl, mix oats, walnuts, fruit + nut mix, salt, cinnamon, stir to blend.
 4. Pour in olive oil, honey (or maple syrup), vanilla, mix well.
 5. Pour granola onto prepared baking sheet and use large spoon to spread evenly
 6. Bake until lightly golden, 20-24 minutes, stirring half way
 7. Let granola cool completely (at least 45 minutes), top with raisins
 8. Break granola into desired pieces, store in air tight container for 1-2 weeks or in a sealed freezer bag for up to 3 months but warm to room temp before eating
- *To make parfait, add yogurt and banana to a bowl and top with granola chunks

Call Kelsey @ 406-222-5335 for questions or email kelsey@livingstonfrc.org