



# Granola

Makes: 50+ child servings [4 L (16 cups)]

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
12 cups	large flake oats	3 L
1 cup	flax seed, ground	250 mL
4 tbsp	cinnamon, ground	60 mL
1 cup	vegetable oil	250 mL
1 cup	maple syrup or honey	250 mL
3 cups	fruit, dried (cranberries, raisins, or chopped dates)	750 mL
Optional:		
2 cups	coconut, unsweetened	500 mL

## Instructions

1. Preheat oven to 325°F (165°C).
2. Mix all ingredients, except fruit, in a large bowl until well combined.
3. Spread on a parchment-lined baking sheet.
4. Bake for 30 – 40 minutes until lightly golden. Toss once with a spatula part way through baking.
5. Once removed from oven, add fruit and toss. (Adding the fruit prior to cooking causes dryness.)
6. Cool and store in a large bucket.

### Nutrition Information

Serving 75 mL, 1/3 cup  
(55 g)

**Calories** 220

**Fat** 8 g

Saturated 1 g

+ Trans 0 g

**Sodium** 5 mg

**Carbohydrates** 33 g

Fibre 5 g

Sugars 5 g

**Protein** 6 g

Calcium 50 mg

Iron 2 mg

### Food Guide Servings

1/4 Vegetable & Fruit

1 1/2 Grain Product