

"Muscle Mix" Granola

Makes: 20 or 40 servings

Ingredients	20 Servings		40 Servings	
	Weight	Measure	Weight	Measure
Oats, regular, rolled		3 cups		6 cups
Honey		2 Tbsp		1/4 cup
Brown sugar		5 tsp		10 tsp
Water		1/4 cup		1/2 cup
Vanilla extract		2 tsp		4 tsp
Salt		1/4 tsp		1/2 tsp
Sunflower or sesame seeds		1/4 cup		1/2 cup
Chopped nuts		1/4 cup		1/2 cup
Dried fruit (apricots, raisins, cranberries, etc.), chopped finely		1/4 cup		1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	1 g	
Protein	2 g	
Carbohydrates	12 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	32 mg	

Directions

1. Preheat oven to 275 degrees F.
2. Line large baking sheet(s) with parchment paper or oil lightly. Place oats in a large bowl and set aside.
3. Add nuts and seeds to the oats in the bowl.
4. Put brown sugar and water in a microwave-safe bowl or in saucepan on LOW and heat until sugar dissolves (about 1 minute or less).
5. Add vanilla and salt to the melted sugar mixture. Pour over oat-nut mixture in the large bowl and stir well.
6. Spread granola mixture evenly on the prepared pan(s).
7. Bake 15-20 minutes for 20 servings, 30-40 minutes for 40 servings.
8. Remove from oven. Sprinkle dried fruit on top while still warm. Cool before storing.

Notes

Serving Tips:

This granola can be made in advance and stored for later use. Use this tasty treat as a topping for yogurt, pancakes, cereal, cottage cheese, or whatever else you like!