

Skillet Granola (IST)

Makes: 30 2-ounce servings

Time: 20 - 25 minutes



Ingredients:

- ½ cup dry roasted, salted sunflower seeds
- ½ cup shelled pumpkin seeds (pepitas)
- ¼ cup unsweetened coconut flakes
- 1 Tablespoon olive oil
- 1 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 Tablespoon brown sugar
- 1 Tablespoon honey
- ½ teaspoon vanilla
- ½ cup raisins

Kitchen Tools:

- Electric skillet
- Dry measuring cups
- Measuring spoons
- High heat spatula
- Set of mixing bowls
- Large container with tight fitting lid or gallon sized plastic zip-top bag

Instructions:

1. The assistant educator prepares the space for cooking while the lead educator introduces the lesson. Assistant educator preheats electric skillet to medium heat. Lead educator reads the recipe aloud with the students.
 - a. Group 1: Measure sunflower seeds, pumpkin seeds, coconut flakes, olive oil, rolled oats, cinnamon, and vanilla into a large container with a tight fitting lid or gallon sized plastic zip-top bag. Shake to combine. Add honey and shake again, mixing with a spoon if needed to avoid clumping. Place granola in skillet to toast, stirring gently until fragrant and golden brown (about 3-5 minutes). Watch carefully to avoid burning. Remove from heat and place in a large bowl.
2. Fold in raisins and serve granola with fresh sliced fruit and yogurt or Sweet and Creamy Pumpkin Dip to make a parfait perfect for a snack, dessert, or even breakfast. Enjoy!

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Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	201.9	
% Daily Value*		
Total Fat	11.6 g	15 %
Saturated Fat	2.8 g	14 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	58.3 mg	3 %
Total Carbohydrate	21.8 g	8 %
Dietary Fiber	3.2 g	11 %
Total Sugars	10.4 g	
Added Sugars	3.8 g	8 %
Protein	5.6 g	
Vitamin D	0 mcg	0 %
Calcium	25.9 mg	2 %
Iron	1.6 mg	9 %
Potassium	249.2 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>