

# Healthy Children, Healthy Family

## Honey Granola



**Makes: 5 cups (20 servings of ¼ cup each)**

**Preparation time: 40 minutes**

**Ingredients:**

- 3 cups uncooked oatmeal
- 1 cup almonds
- ¼ cup honey
- ¼ cup margarine (0 trans fat) or butter
- 2/3 cup raisins

**Instructions:**

- 1) Pre-heat the oven to 350°F.
- 2) Chop the almonds.
- 3) Mix all ingredients, except raisins, in a large bowl.
- 4) Bake in a pan at 350°F for 25-30 minutes or until brown. Stir every 5 minutes.
- 5) Add the raisins. Cool completely. Store in a sealed container.

Note: Peanuts can be used instead of almonds



### Nutrition Facts

Serving Size (44g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 180	Calories from Fat 70		
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 25mg			<b>1%</b>
<b>Total Carbohydrate</b> 25g			<b>8%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 8g			
<b>Protein</b> 5g			
Vitamin A 2%		Vitamin C 0%	
Calcium 4%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

My Family's Goal: We will try our best to

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