



# Granola

## USDA Recipe for CACFP

Our Granola is a nutritious combination of baked, whole-grain oats with a hint of cinnamon and coconut.

### CACFP CREDITING INFORMATION

1/8 cup 2 tsp (No. 24 scoop) provides 0.5 oz equivalent grains.

| INGREDIENTS     | 25 SERVINGS |                                | 50 SERVINGS |                                | DIRECTIONS   |
|-----------------|-------------|--------------------------------|-------------|--------------------------------|--|
|                 | Weight      | Measure                        | Weight      | Measure                        |  |
| Brown sugar     | 2 oz        | 1/4 cup                        | 4 oz        | 1/2 cup                        | <b>1</b> In a large stock pot, add brown sugar, apple juice, canola oil, honey, salt, cinnamon, and vanilla extract. Heat uncovered over medium heat for 4 minutes. DO NOT BOIL. |
| Apple juice     |             | 1/2 cup                        |             | 1 cup                          |  |
| Canola oil      |             | 1 Tbsp 2 tsp                   |             | 3 Tbsp 1 tsp                   |  |
| Honey           |             | 1/8 cup<br>1 Tbsp<br>1 1/4 tsp |             | 1/4 cup<br>2 Tbsp<br>2 1/2 tsp |  |
| Salt            |             | 1/2 tsp                        |             | 1 tsp                          |  |
| Ground cinnamon |             | 1 1/2 tsp                      |             | 1 Tbsp                         |  |

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|------------------------------|-------------|--------------------|-------------|--------------------|---|
|                              | Weight      | Measure            | Weight      | Measure            |   |
| Vanilla extract              |             | 2 tsp              |             | 1 Tbsp 1 tsp       |   |
| Oats, rolled, dry            | 15 oz       | 1 qt<br>1 1/3 cups | 1 lb 14 oz  | 2 qt<br>3 1/3 cups | <b>2</b> Combine brown sugar mixture and oats in a large bowl. Toss to coat evenly.   |
|                              |             |                    |             |                    | <b>3</b> Transfer 1 qt 1 1/2 cups (about 1 lb 10 oz) granola to a half sheet pan (18" x 13" x 1").  |
|                              |             |                    |             |                    | For 25 servings, use 1 pan.<br>For 50 servings, use 2 pans.<br><br><b>4</b> Bake:<br>Conventional oven: 250 °F for 1 hour 15 minutes.<br>Convection oven: 200 °F for 1 hour 15 minutes. |
|                              |             |                    |             |                    | <b>5</b> Remove from oven. Allow granola to sit at room temperature for at least 2 hours.   |
| Coconut, sweetened, shredded | 2 oz        | 2/3 cup            | 4 oz        | 1 1/3 cups         | <b>6</b> Fold in coconut.   |
|                              |             |                    |             |                    | <b>7</b> Portion with No. 24 scoop (1/8 cup 2 tsp).   |
|                              |             |                    |             |                    |   |



**NUTRITION INFORMATION**

For 1/8 cup 2 tsp (No. 24 scoop).

| <b>NUTRIENTS</b>          | <b>AMOUNT</b> |
|---------------------------|---------------|
| <b>Calories</b>           | <b>107</b>    |
| <b>Total Fat</b>          | <b>3 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | N/A           |
| <b>Sodium</b>             | <b>54 mg</b>  |
| <b>Total Carbohydrate</b> | <b>17 g</b>   |
| Dietary Fiber             | 2 g           |
| Total Sugars              | 6 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>3 g</b>    |
| Vitamin D                 | N/A           |
| Calcium                   | 11 mg         |
| Iron                      | 1 mg          |
| Potassium                 | 14 mg         |

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

| <b>25 Servings</b>                                 | <b>50 Servings</b>                                  |
|--|---|
| About 1 lb 5 oz                                    | About 2 lb 10 oz                                    |
| About 1 qt 1/8 cup/1 sheet pan<br>(18" x 13" x 1") | About 2 qt 1/4 cup/2 sheet pans<br>(18" x 13" x 1") |