



# Granola With Dried Fruit USDA Recipe for Schools

Our Granola with Dried Fruit recipe is a nutritious combination of oats and honey blended with cinnamon and nutmeg, baked and combined with coconut and dried fruits.

### NSLP/SBP CREDITING INFORMATION

One ¼ cup (No. 16 scoop) provides 0.5 oz equivalent grains and ⅛ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown sugar	4 oz	½ cup 2 Tbsp	8 oz	1¼ cups	<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 cup		2 cups	
Canola oil		3 Tbsp 1 tsp		¼ cup 2 Tbsp 2 tsp	
Honey		⅔ cup 1 Tbsp 1½ tsp		1⅓ cups 1 Tbsp	
Salt		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground cinnamon		1 Tbsp		2 Tbsp	
Vanilla extract		1 Tbsp		2 Tbsp	
Oats, rolled, dry	1 lb 14 oz	2 qt 3 <sup>1</sup> / <sub>3</sub> cups	3 lb 12 oz	1 gal 1 qt 2 <sup>2</sup> / <sub>3</sub> cups	<p><b>2</b> Combine brown sugar mixture and oats in a large bowl. Toss to coat evenly.</p> <p><b>3</b> Transfer 1 qt 1<sup>1</sup>/<sub>2</sub> cups (about 1 lb 10 oz) granola to a sheet pan (18" x 13" x 1").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p><b>4</b> Bake: Conventional oven: 250 °F for 1 hour 15 minutes. Convection oven: 200 °F for 1 hour 15 minutes.</p> <p><b>5</b> Remove from oven. Allow granola to sit at room temperature for at least 2 hours.</p>
Dried Cranberries	1 lb	3 cups 3 Tbsp 1/2 tsp	2 lb	1 qt 2 <sup>1</sup> / <sub>4</sub> cups 2 Tbsp 1 tsp	<b>6</b> Fold in dried cranberries and coconut.
OR					
Golden raisins	1 lb	2 cups 2 Tbsp 1/2 tsp	2 lb	1 qt 1/4 cup 1 tsp	
Coconut, sweetened, shredded	4 oz	1 <sup>1</sup> / <sub>3</sub> cups	8 oz	2 <sup>2</sup> / <sub>3</sub> cups	<b>7</b> Portion with No. 16 scoop (1/4 cup).



**NUTRITION INFORMATION**

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>143</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>54 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	3 g
Total Sugars	15 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
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Vitamin D	0 IU
Calcium	17 mg
Iron	1 mg
Potassium	20 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

50 Servings	100 Servings
About 4 lb	About 8 lb
About 2 qt 1¼ cups/2 sheet pans (18" x 13" x 1")	About 1 gal/4 sheet pans (18" x 13" x 1")