



# Kansas Granola

This healthy grain and nut recipe can be used as a topping, salad bar item, or recipe ingredient.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Kansas State Department of Education*

**Preparation Time:** 20 minutes

**Cook Time:** 1 hour 10 minutes

**NSLP/SBP crediting information:**

½ cup (No. 8 scoop) provides 1 ¼ oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oats, rolled, quick, dry	3 lb 7 oz	1 gal 1 qt 1 ½ cups	6 lb 14 oz	2 gal 2 qt 3 cups	<ol style="list-style-type: none"> <li>Preheat convection oven to 275 °F on low fan.</li> <li>Mix dry ingredients together in a bowl.</li> </ol>
Pecans, chopped	1 lb 11 ¼ oz	1 qt 2 ¼ cups	3 lb 6 2/5 oz	3 qt ½ cup	
Wheat berries, roasted, unsalted	9 ½ oz	1 ⅓ cups	1 lb 3 oz	2 ⅔ cups	<ol style="list-style-type: none"> <li>Add in honey, olive oil, vanilla, and salt and then mix together.</li> </ol>
Honey	1 lb 2 ½ oz	1 ½ cups	2 lb 5 oz	3 cups	
Olive oil	6 oz	¾ cup	12 oz	1 ½ cups	
Vanilla extract	1 oz	1 Tbsp 2 ½ tsp	2 oz	3 Tbsp 2 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, table	3/8 oz	1 1/2 tsp	3/4 oz	1 Tbsp	<ol style="list-style-type: none"> <li>4. Divide into full-size sheet pans (18" x 26"). For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans.</li> <li>5. Bake for 5-7 minutes in convection oven.</li> <li>6. Stir and return to oven until lightly golden, no longer than one hour.</li> <li>7. Cool and store in an airtight container at room temperature for up to one week.</li> <li>8. Use No. 8 scoop to serve in 1/2 cup portions.</li> </ol>



**KANSAS GRANOLA  
NUTRITION INFORMATION**

For ½ cup (No. 8 scoop)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>281</b>
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<b>Total Fat</b>	<b>15 g</b>
Saturated Fat	1.2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>84 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	4.9 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>5.8 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	9.3 mg
Iron	0.5 mg
Potassium	N/A

N/A=data not available.

**NOTES**

Caution! Pecans are in the tree nut family, and tree nuts are a common allergen.

Roasted unsalted pumpkin seeds can be substituted for chopped pecans.

Roasted wheat berries can be purchased in pre-roasted form.

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 1 gal 2 qt 1 cup	About 3 gal 2 cups

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

