



This homemade granola uses foods produced in North Dakota.

Recipe Name	North Dakota Granola	Total Yield	5 Cups	Prep Time	5 Minutes
Cooking Process	#2 Same Day Service	Servings	10	Cook Time	1 Hour
Menu Type	Bread/Grain	Portion Size	1/2 cup	Crediting	0.5 oz eq MMA + 1.5 oz eq grains

INGREDIENTS	WEIGHTS	MEASURE	DIRECTIONS
Quick Oats		4 1/4 Cups	1. Preheat oven to 275° F on low fan (if using a convection oven). 2. Prepare sheet pan with parchment paper. 3. In a large bowl, mix together dry ingredients. 4. In a small bowl, whisk together olive oil, vanilla, and honey. 5. Pour the wet ingredients over the dry ingredients and stir until combined. 6. Spread mixture onto a full sized sheet pan. 7. Bake for 5 – 7 minutes. 8. Stir and return to oven until lightly golden, no longer than one hour. 9. Allow to cool. Store in airtight container. 10. Use No. 8 scoop to serve ½ cup portion.
Sunflower Seeds, Dry roasted, Unsalted		1 1/4 Cups	
Flax, Ground or Milled		1/4 Cup	
Honey		1/3 Cup	
Olive Oil		2 1/2 Tbsp	
Vanilla Extract		1 tsp	
Salt		Dash	

NUTRITION FACTS: Calories - 357 kcal | Total Fat - 17.5 g | Saturated Fat - 2 g | Cholesterol - 0 mg | Sodium - 33 mg | Carbohydrates - 40 g | Fiber - 7 g | Total Sugar - 9 g | Added Sugar - 9 g | Protein - 10.5 g

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