



# SKILLET GRANOLA

Kids can create their very own recipe with their favorite flavors and mix ins like nuts, seeds, fried fruit coconut and chocolate chips



**Yield:** 4 servings

**Total Time:** 15 min

## INGREDIENTS:

- 2 cups of oats
- 1 ½ cup of seeds (sunflower, pumpkin)
- ½ cup dried fruit (apricots, raisins etc)
- ½ cup butter
- ½ cup brown sugar
- Spices – anything you think would be fun or delicious- vanilla, cinnamon

## TOOL BOX



Large skillet

Mixing bowl

Wooden spoon

Measuring cups

Storage container

Granola is made with oats which are rich in fiber. High fiber foods fill up your belly and give you energy!

**CIRCLE ANY NEW INGREDIENTS  
YOU TRIED TODAY!  
PUT A :) BY YOUR FAVORITE**

## PREPARATION:

1. Measure and mix seeds and oats in a mixing bowl.
2. Add butter to a large skillet and melt over medium heat.
3. Add seeds and oats and stir until toasty (about 5 mins)
4. Add in brown sugar, vanilla and cinnamon, if using, and give a good stir until well combined.
5. Transfer hot granola back to the mixing bowl and let cool.
6. Add in dried fruit and stir well to combine.
7. Granola will continue to crisp up as it cools.



**TIP:** Managing a skillet is a 2 handed job. Remind your child to hold onto the handle of the skillet with their non dominant hand while they stir with their dominant hand.

## HOW KIDS CAN HELP:

- Choose their favorite dried fruit! There are so many to choose from.
- Choose some seeds (or nuts) to go into the recipe. Try something new!
- Smell different baking spices: nutmeg, cinnamon, pumpkin pie spice. What would taste good in the granola?
- Measure the ingredients.
- Help cook the granola by carefully moving the mixture around in the hot pan.

## RATE THE RECIPE!



## HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

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