



Make-N-Take" Healthy Holiday Family Granola

By Erin Fletter

Prep Time 10 / **Cook Time** 6 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

chop: to cut something into small, rough pieces using a blade.

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

Equipment

- ☐ Large skillet
- ☐ Mixing bowls
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Wooden spoon

Ingredients

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- ☐ Granola base:
- ☐ 4 C old-fashioned rolled oats **(for CELIAC use 4 C certified gluten-free oats)**

- ☐ 1/2 tsp salt
- ☐ 1/4 C honey or maple syrup
- ☐ 1/4 C butter or vegetable oil ******(for DAIRY ALLERGY use vegetable oil OR sub dairy-free/nut-free butter)******
- ☐ Creative granola add-in options (select 3 to 9 options for students to choose from):
- ☐ 1 C chocolate chips – any size, dark, milk, or white ******(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)******
- ☐ 1 C coconut flakes
- ☐ 1/2 C pumpkin seeds
- ☐ 1/2 C sunflower seeds
- ☐ 1 C dried cranberries, apricots, blueberries, raisins, cherries, or a mix of any
- ☐ 1 C dried bananas or apples
- ☐ ground cinnamon
- ☐ pumpkin pie spice
- ☐ ground nutmeg

Food Allergen Substitutions

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Celiac: Use certified gluten-free oats.

Dairy: Use vegetable oil (or other nut-free oil if soy allergy present) instead of butter OR substitute dairy-free/nut-free butter. Chocolate: Substitute carob chips for chocolate chips.

Nut/Soy: Use Enjoy Life brand chocolate chips.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

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choose + chop

First, have kids choose what they want to add to their granola. Then, have them chop up whatever dried fruits they've chosen. Add their chosen add-in ingredients to one or more bowls and set them aside.

measure + stir

Measure **4 cups of rolled oats** and add them to a large mixing bowl and stir in **1/2 teaspoon of salt**.

melt + toast

In a large skillet over low heat, melt **1/4 cup butter or oil** with **1/4 cup honey or maple syrup**. Cook the mixture over medium heat until it gets bubbly, about 30 to 60 seconds. Add the oats and stir in your skillet over low heat until the oats smell nutty and fragrant and turn golden brown, about 3 to 5 minutes.

scrumptious science

Toasting relies on the Maillard reaction, where amino acids and sugars in the food react at high temperatures to produce browning, flavor, and texture changes. Toasting is a type of dry heat cooking. For example, when toasting bread, the heat from the toaster causes the bread's surface to brown and become crispy due to this reaction.

cool + stir + sprinkle

Let the oats cool by transferring to a mixing bowl and having kids stir them. Once they are cool to the touch, kids can stir in their chosen add-ins! They can make several versions with different ingredients if they want! Eat sprinkled over ice cream or yogurt, like our **Yummy Yogurt Whip**. Delicious!

Featured Ingredient: Oats!

Hi! I'm Oats!

"Did you know I'm a type of cereal grain, the edible seeds of oat grass?! I make a healthy and filling hot cereal called 'oatmeal' and delicious desserts!"

History

Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 BCE. The ancient Greeks were the first to make oatmeal or porridge from oats.

Wild oats were cultivated for thousands of years before the plant was domesticated.

Canada produces the most oats, followed by Russia. In the United States, oats are grown mainly in the northern Midwest states: North Dakota, Iowa, Minnesota, South Dakota, and Wisconsin.

Production and acreage of oats have declined steadily since 1945, when a record 1.5 billion bushels were produced utilizing 42 million acres.

Oatmeal Month is celebrated each January when we buy more oatmeal than any other month. In January, we stock our pantries with about 35 million pounds of oats, enough to make 346 million bowls of oatmeal. Eighty percent of US households have oatmeal in their cupboard.

Only about five percent of the world's oat crop is consumed as food by humans; most of the crop is fed to animals, like cattle, goats, horses, pigs, and sheep. Some birds will also eat oats, including blackbirds, doves, finches, pigeons, and sparrows.

The word "oat" comes from the Middle English "ote" (the grain of the oat plant or the plant itself), from the

Old English *āte*, of unknown origin.

Anatomy

Oat grasses come from the Poaceae family, which includes other cereal grains, bamboos, and natural grassland.

The plant can grow to around 5 feet tall. Its long, narrow, pointed leaves grow upward and can be 3 to 16 inches long. Clusters of spikelets branch off from the top of the plant, which contain flowers that mature into oat seeds or grains.

Plant biologists believe oat plants are a secondary crop, meaning they came from a weed that mimicked a primary cereal crop plant, like wheat.

Oats like cooler (but not cold) weather and wetter summer weather to grow. Their growth can outpace weeds, and they are not as affected by crop disease as other cereal grains, such as barley and wheat.

An oat grain kernel is called a "groat" after removing the hull. It is a whole grain, including the germ, bran, and endosperm. Groats can be eaten but are quite chewy and require soaking before cooking.

How to Buy & Eat

Oats come in several forms. Most can be made into porridge, and some can be added to baked goods. Cooking times below are for the stovetop method. All types, except whole groats, can be cooked in the microwave; however, rolled, quick, or instant oats would probably be the most successful using this method.

Whole groats are the whole oat grain. They have the longest cooking time, taking 45 minutes to 2 hours. Soaking them overnight shortens the cooking time and makes them easier to digest.

Steel-cut or Irish oats are whole groats cut into smaller pieces. Their cooking time, at 20 to 30 minutes, is shorter than whole groats but longer than rolled oats.

Scottish oats are groats that have been stone-ground into paper-thin pieces. They result in a creamier porridge and take about 10 minutes to cook.

Rolled or Old Fashioned oats are groats that have been steamed and rolled into flakes. Their cooking time is 5 minutes.

Quick or instant oats are rolled oats that have been further steamed and flattened and take 1 to 3 minutes to cook.

Oat Bran is the outer part of the whole groat. The groat is ground, and the bran is separated from the flour. Oat bran takes about 1 to 3 minutes to cook.

The most popular oatmeal topping is milk. Other possible toppings include a sweetener, like sugar, honey, or maple syrup; fruit, like raisins, bananas, or blueberries; and butter or margarine. Eggnog, peanut butter, cottage cheese, and brewer's yeast are more unusual toppings.

Besides oatmeal, some other foods with oats as an ingredient are bread, cookies, crisps or crumbles, pies, cakes, meatloaf, and milk (oat milk).

Non-food uses for oats include refrigerator deodorizer, bath products and lotions for itchy skin, and homemade play dough!

Nutrition

Oats are high in fiber and protein! They are also a good source of B vitamins and minerals. Oats have some cancer-preventing properties and benefit the digestive system.