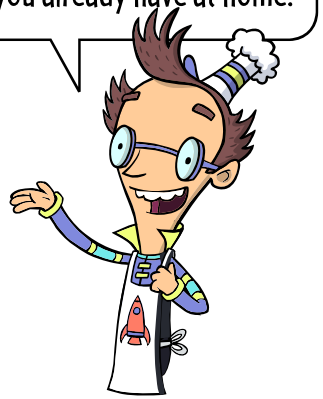
SHOPPING LIST

Fast & Easy Granola

- ◯ Olive Oil
- ◯ Rolled Oats
- ◯ Slivered Almonds
- ◯ Quinoa
- ◯ Sunflower Seeds
- ◯ Sesame Seeds
- ◯ Shredded Coconut
- ◯ Honey
- ◯ Vanilla
- ◯ Kosher Salt
- ◯ Raisins

First, check off the items you already have at home.



CUT

CUT

CUT

Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Fast & Easy Granola

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	12
YES	Under 1 hour	Medium	

YOU WILL NEED

- **2 tablespoons** olive oil
- **1 cup** old fashioned rolled oats
- **¼ cup** slivered almonds
- **¼ cup** uncooked quinoa
- **¼ cup** sunflower seeds
- **2 tablespoons** sesame seeds
- **⅓ cup** unsweetened shredded coconut
- **¼ cup** honey
- **½ teaspoon** vanilla
- **½ teaspoon** kosher salt
- **½ cup** raisins

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

To make a nut-free version of the granola substitute 1/4 cup of raw, shelled pumpkin seeds for the almonds. Dried cranberries, chopped dates or apricots, or currants can be used in place of the raisins.

STEP 1: Heat a 12-inch nonstick skillet over medium heat; once hot, add the oil. Add the oats, almonds, quinoa, sunflower seeds, and sesame seeds and cook, stirring frequently, until toasted and golden in color, about 10 minutes. Add the coconut and toast for 1 minute longer.

STEP 2: Meanwhile, combine the honey, vanilla, and salt in a small bowl and microwave for 30 seconds to loosen. Add the honey to the granola mixture and cook until the honey is absorbed and the mixture turns a shade darker, about 2 minutes. Transfer the granola to a parchment-lined baking sheet, spread in an even layer, and let cool for 20 minutes.

STEP 3: Break the granola into bite-size pieces, and toss with the raisins. Serve.

Nutrition Facts

Serving Size 1 serving (35g)
Servings Per Container 12

Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4