

# HONEY GRANOLA



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program** Online

**Location:**

This granola is delicious on its own or served over yogurt with fresh fruit.

## Ingredients

- ½ cup (125 mL) honey
- 1/3 cup (80 mL) canola, grapeseed or extra virgin olive oil
- ½ tsp (2.5 mL) vanilla extract
- 1 tsp (2.5 mL) ground cinnamon
- ¼ tsp (1 mL) salt
- 3 cups (750 mL) large flake oats
- ½ cup (125 mL) pumpkin seeds
- ½ cup (125 mL) raisins or dried cranberries (or a mix of both)
- ½ cup (125 mL) fresh fruit of your choice

## Preparation

1. Preheat your oven to 325°F (165°C) and line a baking sheet with parchment paper.

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2. In a large bowl, stir together the honey, oil, vanilla extract, ground cinnamon and salt. -Add the large flake oats. Stir well to combine everything, making sure the oats are fully coated.
3. Spread the mixture evenly over the baking sheet. Bake for 18 to 20 minutes, turning over the oat mixture halfway through the baking time.
4. Once the granola becomes lightly golden in colour, remove from the oven. Let the granola cool completely before adding your toppings, such as the pumpkin seeds, raisins and/or cranberries.
5. Break the granola into pieces. This granola is delicious eaten on its own or served over yogurt topped with fresh fruit. Enjoy!

**Note:** Store in an airtight container for up to 2 weeks.