



# HOLIDAY GRANOLA GIFT JARS



## Ingredients

### Base Recipe

- 2 cups quick oatmeal
- 1/2 cup whole wheat germ
- 1 Tablespoon sesame seeds
- 1 Tablespoon ground flax seeds
- 3/4 cup sliced almonds
- 1/4 cup canola oil
- 3/4 cup honey

### Coconut M&M

- 5 ounce unsweetened shredded coconut
- 2 cups M&M's

### Pecan & Walnut

Replace almonds with

- 1/2 teaspoon ground cinnamon
- 1/2 cup pecans
- 1/2 cup walnuts

### Cranberry

- Add 2 cups dried cranberry to base recipe or pecan & walnut variation

## Directions

Mix all of the dry ingredients except for the M&M's and dried cranberries in large bowl. In a small sauce heat the oil and honey to a low bowl. Stir into dry mix and combine thoroughly. Spread out on a sheet pan and bake until toasted and golden. Bake on 300F for approximately 40 minutes, stirring frequently so the granola browns evenly. Once cool, stir in the M&M's or dried cranberries if using. Store in air tight container for up to 2 weeks.

Base Granola: 10 servings

2 oz granola: Calories 259 | Protein 5g | Total Fat 11g | Saturated Fat 0.9g | Carbs 36g | Dietary Fiber 4g | Cholesterol 36mg | Sodium 4mg

Coconut M&M Granola: 20 servings

2 oz granola: Calories 278 | Protein 4g | Total Fat 14g | Saturated Fat 10g | Carbs 34g | Dietary Fiber 3g | Cholesterol 3mg | Sodium 17mg

Pecan & Walnut: 11 servings

2 oz granola: Calories 244 | Protein 4g | Total Fat 13g | Saturated Fat 0.9g | Carbs 30g | Dietary Fiber 3g | Cholesterol 0mg | Sodium 3mg

Cranberry: 16 servings

2 oz granola: Calories 239 | Protein 3g | Total Fat 10g | Saturated Fat 0.9g | Carbs 35g | Dietary Fiber 3g | Cholesterol 38mg | Sodium 3mg