

Cooking for Kids

Recipe Sizing Report

000197 - Granola :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/4 CUP	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 020078 WHEAT GERM, CRUDE.....	3 qts + 1/2 cup 2 1/3 cups	1. In a large bowl, mix together oats and wheat germ.
901530 SUGARS, BROWN, LIGHT..... 019296 HONEY..... 002010 CINNAMON, GROUND..... 050385 OIL, VEGETABLE..... 799986 SALT, KOSHER..... 002050 VANILLA EXTRACT.....	3/4 cup + 1/2 TBSP (packed) 1 1/2 cups + 1 Tbsp 1/2 Tbsp 1 1/2 cups + 1 Tbsp 1 Tbsp + 1/8 tsp 1/2 Tbsp	2. In a sauce pan, mix together brown sugar, honey, cinnamon, oil, salt, and vanilla. Bring to a boil over medium low heat, stirring frequently. Once the mixture boils, remove from heat. 3. Pour mixture over oat mixture and mix until oats are completely coated.
012179 COCONUT MEAT, DRIED (DESICCATED), SWTND, SH.... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI....	1 1/2 cups + 1 TBSP (shredded) 2 1/3 cups	4. Place mixture on sheet trays lined with parchment paper and bake in 350° F oven for 8 minutes. Remove from oven and stir, replace in oven for an additional 10 minutes. 5. Remove from oven and let cool. Combine with coconut and cranberries and stir until incorporated. Store at room temperature in an air-tight container.

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	118 kcal	Cholesterol	0 mg	Sugars	*5.0* g	Calcium	8.68 mg	36.73%	Calories from Total Fat
Total Fat	4.82 g	Sodium	54 mg	Protein	2.31 g	Iron	0.68 mg	8.50%	Calories from Saturated Fat
Saturated Fat	1.11 g	Carbohydrates	16.47 g	Vitamin A	0.1 IU	Water ¹	*1.45* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.55 g	Vitamin C	0.0 mg	Ash ¹	*0.15* g	55.84%	Calories from Carbohydrates
								7.82%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.