

Basic Granola

Preparation time	10 minutes
Cooking time	30 minutes
Servings	about 12 Servings
Cost per serving	16¢
Storage	30 days in the cupboard in a tightly sealed container.
Kitchen tools	Measuring cups and spoons, baking sheet, parchment paper (or oil), spatula, wooden spoon, large pot.



Ingredients



125 ml (½ cup) **butter**
or non-hydrogenated
margarine



60 ml (¼ cup)
sugar

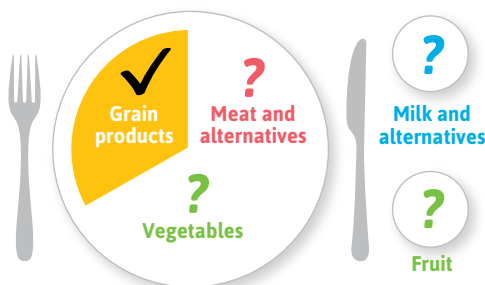


30 ml (2 tbsp)
molasses



500 ml (2 cups)
quick-cooking rolled oats




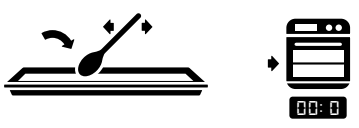


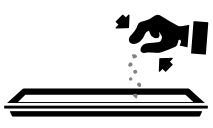
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Balanced plate

✓ Delicious served with a glass of milk or fortified soy beverage, as well as spooned on yogurt or a fruit compote.

Directions

1	Place oven rack in the middle position and preheat the oven to 170°C (325°F). Oil a baking sheet or cover with parchment paper.	
2	In a large pot, heat the butter, sugar and molasses over medium-low heat for about 5 minutes, or until the butter is melted and the sugar dissolves.	
3	Add the rolled oats and mix well with a wooden spoon. Variation: Try stirring in nuts or seeds with the rolled oats.	
4	Spread the oats mixture evenly onto the baking sheet and bake for about 10 minutes.	
5	Stir the rolled oats with a spatula, making sure to move the browned oats on the edges towards the centre of the pan, and bake for another 10 minutes.	
6	Stir one last time and bake for another 5 minutes.	
7	Once cooked, let the rolled oats cool completely, then break into small pieces to make granola. Variation: You can also add raisins (or any other dried fruit), orange zest and cinnamon once the granola is cooked!	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition