Homemade Granola

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Language and Literacy, Cognitive

What You Need:

- 3 cups Quick 1-minute Oats (NOT instant oatmeal)
- 3/4 cup shredded sweet coconut (optional)
- 1/4 cup dark brown sugar
- 1/2 cup sliced raw almonds or sunflower seeds
- 1/4 cup maple syrup
- 1/4 cup honey
- 1/4 cup coconut oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 1 cup dried fruit (optional)

What To Do:
1. Preheat oven to 300 degrees F.
2. Have your child combine the oats, coconut, brown sugar, and almonds into a gallon sized re-sealable bag. Seal the bag and have him shake the ingredients together.
3. Together, combine maple syrup, honey, oil, salt, vanilla, and cinnamon in a bowl. Talk about the various ingredients and the taste of each item.
4. Combine the ingredients and spread the mixture out on a large cookie sheet, separating it into irregular clumps with your fingers, and allowing space between the clumps for the hot air to circulate. Talk about how the mixture feels as you both touch the mixture.
5. Bake for 25-30 minutes, or until the top is golden brown.
6. Remove from the oven and stir the mixture. Describe to your child what the mixture looks like and ask him to describe how it sounds as you gently break up the mixture into small-to-medium sized pieces.
7. Return to the oven and bake another 15 minutes or so before stirring again.
8. Repeat the bake-and-stir until the mixture is a uniform golden brown and completely dry; this usually takes 1-1 1/2 hours.
9. Cool completely, then stir in any dried fruit you want to use. Safety Alert!: This recipe contains honey and should NOT be served to children under one year of age. Please use your best judgment when feeding granola to young children; ensure that your child is able to properly chew crunchy foods.