

**Family Mealtime // Crispy
Granola 3 Ways**



FAMILY MEALTIME:

CRISPY
GRANOLA
3 WAYS

LIVE WELL UTAH

Family mealtime can be anytime- why not at breakfast? Mix up some delicious granola on the weekend for a fast and easy weekday family breakfast option. Use your family's favorite mix-ins, or try one of our suggested variations.

Crispy Granola

Adapted from the Live Well Utah Cookbook, Family Mealtime Edition

- 2 egg whites
- 1/4 cup honey
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla
- dash of salt
- 3 cups uncooked rolled oats
- 1 cup shredded coconut (optional)
- 1/2 cup chopped nuts (optional)
- 1/2 cup raisins, or other dried fruit (option)

Preheat oven to 325 degrees Fahrenheit. Spray baking sheet with cooking spray. Put egg whites in a large bowl and whisk until frothy. Stir in honey, cinnamon, and salt. Add oats and all other ingredients (except dried fruit). Stir until ingredients are coated with egg mixture. Spread mixture on baking sheet. Bake for 20-30 minutes, or until golden brown, stirring every 5 minutes. Remove from pan, add dried fruit if using, and cool completely. Granola will continue to crisp as it cools. Store in an airtight container.

Variations

Pumpkin Spice: substitute pumpkin pie spice for the cinnamon, pure maple syrup for the honey, use pumpkin seeds for nuts, and add 1 tablespoon chia seeds.

Tropical Crunch: use macadamia nuts, yogurt covered raisins and/or chopped dried pineapple.

Cherry Garcia: use sliced almonds, dried cherries, and add semisweet chocolate chips when granola is cool.

September is National Family Mealtime month. Each Friday this month we'll be posting on that topic – specifically from the Live Well Utah Cookbook, Family Mealtime Edition. This publication is available for free at your local Extension office, or available digitally [here](#). It features some great tips on the importance of family mealtime and meal planning, plus 21 quick, inexpensive, and nutritious recipes that are sure to please even the pickiest eaters.