



MAPLE FLAVORED GRANOLA

Program 231042

To watch this episode go to 3ABNKids.tv



YOU WILL NEED:

- 2 cups quick oats
- 2 cups old fashioned oats
- 1 cup chopped pecans
- 1 cup chopped walnuts
- ½ cup pumpkin seeds
- ½ cup ground flax seed
- ⅓ cup coconut oil
or any oil of your choice
- ⅔ cup pure maple syrup
- 1 teaspoon maple flavoring
- 2 teaspoons ground cinnamon
- ¼ - ½ teaspoon salt

DIRECTIONS:

1. Preheat the oven to 300 degrees. In a large bowl, mix the oats, nuts and seeds and stir to combine.
2. In a medium bowl, mix the oil, maple syrup, maple flavoring, and salt. Stir until well combined. Pour over the dry mixture and gently stir until everything is coated.
3. Line a large baking sheet with parchment paper and spread the mixture evenly on it.
4. Bake in the oven until lightly browned, about 40-45 minutes. Remove from the oven and let cool. Break into chunks and store in an airtight container.

YIELDS:

12 cups



PEANUT BUTTER GRANOLA TREATS

Program 231042

To watch this episode go to 3ABNKids.tv



YOU WILL NEED:

- $\frac{2}{3}$ cup peanut butter, smooth or chunky
- $1\frac{1}{2}$ teaspoons pure vanilla extract
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ cup pure honey
- 2 cups granola
- $\frac{1}{2}$ cup chocolate chips

DIRECTIONS:

1. Mix peanut butter, vanilla, salt, and honey in a large mixing bowl until combined. Add the granola and gently stir until coated.
2. Take 1 tablespoon of mixture and form into a ball. Make sure you press firmly so it doesn't fall apart. Place on parchment paper or a large baking sheet. Continue until all the mixture is used. Set aside.
3. Place dark chocolate chips into a glass bowl. Melt in the microwave or a double boiler, being careful not to overheat it.
4. With a spoon, drizzle the chocolate over each of the little balls in a side to side movement. Let sit on the tray until the chocolate has set. Store in the refrigerator until ready to eat.

YIELDS:

18-20 1-inch balls