

Literacy This Week



Yukon Literacy
Coalition

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.

Granola

Granola is an excellent option to enhance a dish! I love adding it to yogurt, in baking, having it as cereal or eating it as a snack. Although granola can be purchased store-bought, I prefer making it homemade. You're able to make it to your taste! Whether that be adding more maple syrup, adding nuts and berries, or creating a crunchier granola.

Below I have one of my favourite granola recipes:

Ingredients:

- ◆ 4 cups of rolled oats
- ◆ 1 ½ cups raw nuts and/or seeds
- ◆ 1 teaspoon fine-grain sea salt
- ◆ ½ teaspoon ground cinnamon
- ◆ ½ cup melted coconut oil or olive oil
- ◆ ½ cup maple syrup or honey
- ◆ 1 teaspoon vanilla extract
- ◆ 2/3 cup dried fruit (chopped if large)
- ◆ Optional mix-ins! Chocolate chips, coconut flakes, etc.

Directions:

1. Preheat oven to 250 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. Combine the oats, nuts and/or seeds, salt, and cinnamon in a large mixing bowl. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut are lightly coated. Pour the granola onto your prepared pan and spread it in an even layer with a large spoon.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer. The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional mix-ins if using). Break the granola into pieces with your hands if you want to retain big chunks or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in an airtight container at room temperature for 1 or 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

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