

CHBC Demo Recipes

Breakfast Honey Granola

A

1250mL rolled oats
250 mL sesame seeds
250 mL sunflower seeds
250 mL wheat germ
250 mL bran
250 mL chopped nuts
250 mL coconut
250 mL powdered milk

B

250 mL vegetable oil
250 mL honey

C

250 mL dried fruit such as cherries, blueberries or raisins

A: In a large bowl, mix the oats, sesame seeds, sunflower seeds, wheat germ, bran, nuts, coconut and powdered milk.

B: In a small saucepan warm the oil and honey and stir into the dry mix, completely coating it. Spread the mixture on 2 cookie sheets and bake at 250 F for 50 minutes, or until lightly browned. Stir often and watch closely.

C: Let the granola cool before adding the dried fruit. Store in airtight container in fridge. Serve with yogurt or as a snack.

Honey Butter

125 mL softened butter
50mL honey

Blend together until creamy. Excellent on pancakes and corn on the cob.



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