



Cuckoo bee

# Skillet Granola

If you could add one extra ingredient to this recipe, what would it be? Why?

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Animals, plants and habitats have many unique features! Cuckoo bees, unlike all the other bees featured in this book, do not pollinate plants. What's more, not all plants need pollinators. Some plants can self-pollinate or are wind pollinated like barley, corn, grapes, green beans, hazelnuts, oats, snap and snow peas, walnuts and wheat.

## Ingredients

- 1/3 cup vegetable oil
- 3 Tablespoons honey or brown sugar
- 1 teaspoon vanilla
- 4 cups old fashioned rolled oats
- 1/2 cup sunflower seeds or other seeds or nuts
- 1 cup raisins or other dried fruit

## Directions

1. Wash hands with soap and water.
2. Warm oil and honey in a skillet for one minute over (300 degrees F in an electric skillet).
3. Stir in vanilla, oats and seeds. Mix until coated with honey mixture.
4. Heat over medium heat, stirring, until oats are slightly brown.
5. Take off heat. Stir in raisins.
6. Cool mixture. Store in an airtight container.



Makes 5 cups  
Prep time: 10 minutes  
Cook time: 10 minutes

## Nutrition Facts

|                               |               |
|-------------------------------|---------------|
| 15 servings per container     |               |
| Serving size                  | 1/3 cup (50g) |
| <b>Amount per Serving</b>     |               |
| <b>Calories</b>               | <b>220</b>    |
| <b>% Daily Value*</b>         |               |
| <b>Total Fat</b> 9g           | <b>12%</b>    |
| Saturated Fat 1g              | 5%            |
| Trans Fat 0g                  |               |
| <b>Cholesterol</b> 0mg        | <b>0%</b>     |
| <b>Sodium</b> 0mg             | <b>0%</b>     |
| <b>Total Carbohydrate</b> 31g | <b>11%</b>    |
| Dietary Fiber 4g              | 14%           |
| Total Sugars 10g              |               |
| Includes 3g Added Sugars      | 6%            |
| <b>Protein</b> 4g             |               |
| Vitamin D 0mcg                | 0%            |
| Calcium 18mg                  | 2%            |
| Iron 1mg                      | 6%            |
| Potassium 205mg               | 4%            |
| Vitamin A 0mcg                | 0%            |
| Vitamin C 0mg                 | 0%            |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Recipe Math Challenge

The food truck is catering a huge event at Oregon State University. We need to prep for 4,000 servings of skillet granola. How much of each ingredient will be needed? **Hint:** find the servings on the Nutrition Facts label!

- 🌻 Vegetable oil \_\_\_\_\_
- 🌻 Vanilla \_\_\_\_\_
- 🌻 Raisins \_\_\_\_\_
- 🌻 Honey \_\_\_\_\_
- 🌻 Rolled oats \_\_\_\_\_
- 🌻 Powdered milk \_\_\_\_\_
- 🌻 Sunflower seeds \_\_\_\_\_

**Bonus:** If all 4,000 servings get eaten, how many grams of protein, total sugars, total carbohydrates and cholesterol will be consumed?