



Cuckoo bee

Skillet Granola

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

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, grapes, green beans, oats, snap and snow peas, sweet corn and wheat.

Ingredients

- 1/3 cup vegetable oil
- 3 Tablespoons honey or brown sugar
- 1/4 cup powdered milk*
- 1 teaspoon vanilla
- 4 cups old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1 cup raisins

Directions

1. Wash hands with soap and water.
 2. Warm oil and honey in a skillet for one minute over medium heat (300 degrees F in an electric skillet).
 3. Stir in powdered milk, vanilla, oats and seeds, and 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.
- *The recipe works without the powdered milk. Nutritionally, there will be slightly less calcium and protein.



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



Recipe Math Challenge

The food truck is catering a huge event at Oregon State University. We need to prep for about 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 _____
- Honey _____
- Powdered milk _____
- Vanilla _____
- Rolled oats _____
- Sunflower seeds _____
- Raisins _____

Nutrition Facts

15 servings per container	
Serving size	1/3 cup (52g)
Amount per Serving	
Calories	220
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 241mg	6%
Vitamin A 13mcg	1%
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.