



Healthy Food for Kids

6

Tasty, Cost-Effective, and Nutritious Recipes!

Almond, Walnut,
Coconut
Granola Snack

Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
3 cups old fashioned oats	365 Organic Old Fashioned Rolled Oats	\$4.27/42 oz.	Whole Foods
1/2 cup sliced almonds	Market Pantry Sliced Almonds	\$4.99/6 oz.	Target
1/2 cup chopped walnuts	Market Pantry Chopped Walnuts	\$3.39/8 oz.	Target
1/2 cup shredded coconut	Bob's Red Mill Shredded Unsweetened Coconut	\$5.50/24 oz.	Ralphs
1 cup dried fruit	Natierra Organic Freeze-Dried Pineapple	\$5.99/15 oz.	Whole Foods
1/4 cup unsalted butter	Good and Gather Unsalted Butter	\$3.19/lb. (4 sticks)	Target

Ingredients Likely At Home

1/2 teaspoon salt	Morton Iodized Salt	\$0.87/26 oz.	Target
3 tablespoons honey	Vitacost US Grade A Certified Organic Honey	\$4.20/16 oz.	Ralphs

Cost of Ingredients Not Likely at Home:
\$27.33 (Total); \$2.28 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:
\$32.40 (Total); \$2.70 (per serving)

Recipe



Prep Time:
10 min
Cook Time:
20 min

1.

- Preheat oven to 325 degrees F
- In a large bowl, stir together oats, nuts, coconut, and salt

2.

- In a small saucepan melt butter with honey over low heat, stirring constantly
- Pour butter mixture over oat mixture and stir until well-combined

3.

- In a small saucepan melt butter with honey over low heat, stirring constantly
- In a largepan that has been spray or rubbed with oil, spread granola evenly
- Bake in the middle of the oven for about 20 minutes, stirring halfway through

4.

- Let the granola cool and stir in dried fruit
- *can be kept in fridge for up to 2 weeks

*This recipe was done with walnuts and almonds; however, please keep in mind some children may have severe nut allergies.

*This recipe was done with dried pineapples, but this can be exchanged with any dried fruits.



Nutrition Facts

12 servings per recipe

Serving size

1 serving or 1 bar

Amount per serving

Calories

373.9

% Daily Value*

Total Fat 16.3g **25%**

Saturated Fat 7.8g **39%**

Trans Fat 0g

Cholesterol 10.1mg **3%**

Sodium 103.5mg **4%**

Total Carbohydrates 52.4g **17%**

Dietary Fiber 8.5g **34%**

Total Sugars 22g

Includes 0.17g Added Sugars **0.3%**

Protein 5.7g **11%**

Vitamin D 0mcg **0%**

Calcium 34.11mg **3.4%**

Iron 2.65mg **14.7%**

Potassium 90.02mg **2.6%**

* 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.

A graphic of a spotlight with a yellow beam of light shining down on the word 'Cholesterol'.

Nutrition Spotlight

Cholesterol

Although this is not a meal, snacks make up an important part of our caloric intake so we should make sure they are as healthy as possible! This granola recipe can even be used to add on top of other recipes such as salads, smoothies, etc. The best part of this treat is that it can help lower our cholesterol levels! Cholesterol is a steroid, a type of fat or lipid, found in red meats, poultry, cheese, and butter. Although some cholesterol is needed in order to make hormones in our body, we tend to consume too much of this in our diet. Children 4-13 years old need less than 300mg of cholesterol everyday. Too much cholesterol can block our blood vessels and lead to issues in the future such as cardiovascular disease, strokes, and heart attacks.

Some foods that can lower cholesterol levels are oats, whole grains, beans, eggplant, okra, tree nuts, soy, fish, and foods with plant sterols and stanols. There are two main types of cholesterol: LDL (low-density lipoprotein) and HDL (high-density lipoprotein). LDL is commonly known as the “bad” cholesterol and has the potential to build up in the walls of arteries, creating plaque. Overtime, this can block the passageways, preventing blood and oxygen from being delivered to parts of our body. On the other hand, HDL can absorb cholesterol and carry it back to the liver so that it can be removed from the body, which is why we want as much HDL as possible! The best way to increase our HDL and lower our LDL levels is to eat the foods mentioned above as well as get at least 30 minutes of exercise everyday!

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:

<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Jellyqueen's recipe, found here:
<https://www.food.com/recipe/almond-walnut-coco-nut-granola-63947>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation:
<https://cronometer.com/>

The information on Cholesterol was retrieved from:
<https://www.health.harvard.edu/heart-health/11-foods-that-lower-cholesterol>
<https://pubmed.ncbi.nlm.nih.gov/26561616/>
https://www.cdc.gov/cholesterol/ldl_hdl.htm
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dietary-recommendations-for-healthy-children>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*