



2020 PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH BOBBY AND CLAUDIA DEEN

HOMEMADE GRANOLA

2 cups oats

Pinch of cinnamon

Pinch of salt

½ tablespoon vanilla extract

1/3 cup maple syrup

2 tablespoons coconut oil

Handfuls of all your favorite nuts and seeds

Dried fruits

1. Preheat oven to 350 degrees.
2. In a bowl, mix the oats, cinnamon, salt, handfuls of all your favorite nuts and seeds (we used chia seeds, walnuts and almonds), the vanilla extract, maple syrup and coconut oil.
3. Spread on a baking sheet and bake in the oven at 350 degrees for 15 minutes.
4. Let it cool and add some dried fruits (we used raisins).
5. Enjoy!

1. In a large stock pot, bring to boil 8 cups of water, 1 and $\frac{1}{4}$ **CUPS** table salt, and the potatoes. Simmer for 20 – 30 minutes.