

Pumpkin & Black Bean Granola

Source:

Samantha Cowens-Gasbarro at
Healthy School Recipes

Portion Size: 1.5 oz

Yields: 50 servings

Ingredients	Amounts
Oats, dry, rolled	2.4 pounds
Black beans, drained, rinsed	31 oz
Pumpkin, canned	32 oz
Brown sugar	12 oz
Honey	8 oz
Vegetable oil	8 oz
Water	4 oz
Cinnamon, ground	3 Tbsp
Salt	2 tsp
Ginger, ground	2 tsp
Nutmeg, ground	2 tsp
Clove, ground	1 tsp
Vanilla	2 Tbsp



Directions

1. In a large bowl, mix oats and black beans.
2. In a saucepan, mix all remaining ingredients. Heat on stove top until simmering.
3. Add mixture to the oats and black beans. Stir well to combine.
4. Preheat oven to 325 degrees.
5. Line (2) full sized sheet pans with parchment paper.
6. Spread granola mixture in an even layer on each sheet pan.
7. Bake for 45 minutes, stirring every 15 minutes to prevent edges from burning.
*Turn down oven to 300 degrees if top is browning too much.
8. Let cool completely.

Will keep in cool, dry storage in airtight container for up to 7 days.

Suggested parfait: vanilla yogurt, applesauce, and pumpkin black bean granola.

Nutrition Information	
Calories	190
Total fat	6g
Saturated fat	0.5g
Cholesterol	0mg
Total Carbohydrates	31g
Fiber	5g
Sugar	12g
Protein	5g
Sodium	80mg

Components	Allergens
1 oz Grain	
0.25 Meat/Meat Alternate	

