



"Make-N-Take" Healthy Holiday Family Granola+Yummy Yogurt Whip+Kid-Designed Un-Smoothies

By Erin Fletter

Prep Time 25 / Cook Time 6 / Serves 4 - 6

Shopping List

☐ FRESH AND FROZEN

- ☐ 1 C frozen fruit (choose 1: mango, bananas, raspberries, blueberries, pineapple, orange, etc.)
- ☐ 1 to 2 C fresh fruit (choose 1-3: mango, bananas, raspberries, blueberries, pineapple, orange, etc.)
- ☐ 1 vegetable (choose 1: carrot, zucchini, avocado, handful spinach)

☐ DAIRY

- ☐ 1/4 C butter or vegetable oil ****(see allergy subs below)****
- ☐ 2 1/2 C plain Greek yogurt ****(see allergy subs below)****
- ☐ 1 1/2 C milk or juice + more if needed ****(see allergy subs below)****

☐ PANTRY

- ☐ 4 C old-fashioned rolled oats ****(see allergy subs below)****
- ☐ 1/2 tsp salt
- ☐ 1/2 C honey or maple syrup + more to taste
- ☐ 1 tsp pure vanilla extract ****(see allergy subs below)****
- ☐ CREATIVE GRANOLA ADD-IN OPTIONS (select 3 to 9 options for students to choose from):
 - ☐ 1 C dark, milk, or white chocolate chips, any size ****(see allergy subs below)****
 - ☐ 1 C coconut flakes
 - ☐ 1/2 C sunflower seeds

- ☐ 1/2 C pumpkin seeds
- ☐ 1 C dried cranberries, apricots, blueberries, raisins, cherries, or a mix of any!
- ☐ 1 C dried bananas or apples
- ☐ ground cinnamon
- ☐ pumpkin pie spice
- ☐ ground nutmeg
- ☐ HAVE ON HAND
- ☐ 1/2 C ice

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

chop: to cut something into small, rough pieces using a blade.

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

purée: to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

Equipment

- ☐ Large skillet
- ☐ Mixing bowls
- ☐ Cutting board

- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Medium mixing bowl
- ☐ Whisk
- ☐ Blender (or pitcher + immersion blender)

Ingredients

Make-N-Take" Healthy Holiday Family Granola

- ☐ Granola base:
- ☐ 4 C old-fashioned rolled oats ****(for CELIAC use 4 C certified gluten-free oats)****
- ☐ 1/2 tsp salt
- ☐ 1/4 C honey or maple syrup
- ☐ 1/4 C butter or vegetable oil ****(for DAIRY ALLERGY use vegetable oil OR sub dairy-free/nut-free butter)****
- ☐ Creative granola add-in options (select 3 to 9 options for students to choose from):
- ☐ 1 C chocolate chips – any size, dark, milk, or white ****(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)****
- ☐ 1 C coconut flakes
- ☐ 1/2 C pumpkin seeds
- ☐ 1/2 C sunflower seeds
- ☐ 1 C dried cranberries, apricots, blueberries, raisins, cherries, or a mix of any
- ☐ 1 C dried bananas or apples
- ☐ ground cinnamon
- ☐ pumpkin pie spice
- ☐ ground nutmeg

Yummy Yogurt Whip

☐ 2 C plain Greek yogurt ******(for DAIRY ALLERGY sub 2 C dairy-free/nut-free plain Greek yogurt)******

☐ 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

☐ 2 T honey or maple syrup

Kid-Designed Un-Smoothies

☐ 1 C frozen fruit (select 1: mango, bananas, raspberries, blueberries, pineapple, or orange, etc.)

☐ 1 to 2 C fresh fruit (select 1 to 3: mango, bananas, raspberries, blueberries, pineapple, orange, etc.)

☐ 1 vegetable (select 1: carrot, zucchini, avocado, or 1 handful spinach)

☐ leftover add-ins from "Make-N-Take" Healthy Holiday Family Granola (if made): untoasted oats, spices, vanilla extract, dried fruits, and chocolate chips

☐ 1/2 C plain Greek yogurt ******(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free plain Greek yogurt)******

☐ 1 1/2 C milk or juice + more if needed ******(for DAIRY ALLERGY use juice OR sub 1 1/2 C dairy-free/nut-free milk)******

☐ 2 T honey or maple syrup + more to taste

☐ 1/2 C ice

Food Allergen Substitutions

Make-N-Take" Healthy Holiday Family Granola

Celiac: Use certified gluten-free oats.

Dairy: Use vegetable oil (or other nut-free oil if soy allergy present) instead of butter OR substitute dairy-free/nut-free butter. Chocolate: Substitute carob chips for chocolate chips.

Nut/Soy: Use Enjoy Life brand chocolate chips.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Yummy Yogurt Whip

Dairy: For 2 C plain Greek yogurt, substitute 2 C dairy-free/nut-free plain Greek yogurt.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Kid-Designed Un-Smoothies

Dairy: Substitute dairy-free/nut-free plain Greek yogurt. Use juice instead of milk OR substitute dairy-

free/nut-free milk.

Other: Check allergy substitutes in "Make-N-Take" Healthy Holiday Family Granola recipe if using leftover add-ins from the granola in the smoothies.

Instructions

Make-N-Take" Healthy Holiday Family Granola

choose + chop

First, have kids choose what they want to add to their granola. Then, have them chop up whatever dried fruits they've chosen. Add their chosen add-in ingredients to one or more bowls and set them aside.

measure + stir

Measure **4 cups of rolled oats** and add them to a large mixing bowl and stir in **1/2 teaspoon of salt**.

melt + toast

In a large skillet over low heat, melt **1/4 cup butter or oil** with **1/4 cup honey or maple syrup**. Cook the mixture over medium heat until it gets bubbly, about 30 to 60 seconds. Add the oats and stir in your skillet over low heat until the oats smell nutty and fragrant and turn golden brown, about 3 to 5 minutes.

scrumptious science

Toasting relies on the Maillard reaction, where amino acids and sugars in the food react at high temperatures to produce browning, flavor, and texture changes. Toasting is a type of dry heat cooking. For example, when toasting bread, the heat from the toaster causes the bread's surface to brown and become crispy due to this reaction.

cool + stir + sprinkle

Let the oats cool by transferring to a mixing bowl and having kids stir them. Once they are cool to the touch, kids can stir in their chosen add-ins! They can make several versions with different ingredients if they want! Eat sprinkled over ice cream or yogurt, like our **Yummy Yogurt Whip**. Delicious!

Yummy Yogurt Whip

measure + mix

To a mixing bowl, measure and add **2 cups of plain Greek yogurt**. Mix in **1 teaspoon vanilla extract** and **2 tablespoons honey or maple syrup**.

scrumptious science

Friction is the resistance met when one surface or object moves against another. Friction's effects vary based on surface materials and roughness. When chefs whisk and blend food, they are utilizing the power of friction to create new foods, flavors, or textures.

whisk + top

Use a whisk to whip the yogurt until smooth and fluffy! Divide into bowls and top with fruit or granola, like our **"Make-N-Take" Healthy Holiday Family Granola!**

Kid-Designed Un-Smoothies

choose + chop + grate

Have your kids choose **1 cup frozen fruit, 1 to 2 cups fresh fruit**, and **1 vegetable**. Chop or grate any fresh fruits and vegetables; frozen fruit can go straight into the blender.

add + purée + taste

Into your blender (or pitcher for use with an immersion blender), add **1/2 cup plain Greek yogurt, 1 1/2 cups milk or juice, 2 tablespoons honey or maple syrup, 1/2 cup ice**, the **chopped fruit and veggies**, and any **leftover ingredients** from the **"Make-N-Take" Healthy Holiday Family Granola** (if you made it). Blend on high until smoothie is puréed completely. Add more milk or juice if the smoothie is too thick. Taste and add more honey or syrup if needed before serving.

Featured Ingredient: Oats!

Hi! I'm Oats!

"Did you know I'm a type of cereal grain, the edible seeds of oat grass?! I make a healthy and filling hot cereal called 'oatmeal' and delicious desserts!"

History

Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 BCE. The ancient Greeks were the first to make oatmeal or porridge from oats.

Wild oats were cultivated for thousands of years before the plant was domesticated.

Canada produces the most oats, followed by Russia. In the United States, oats are grown mainly in the northern Midwest states: North Dakota, Iowa, Minnesota, South Dakota, and Wisconsin.

Production and acreage of oats have declined steadily since 1945, when a record 1.5 billion bushels were produced utilizing 42 million acres.

Oatmeal Month is celebrated each January when we buy more oatmeal than any other month. In January, we stock our pantries with about 35 million pounds of oats, enough to make 346 million bowls of oatmeal. Eighty percent of US households have oatmeal in their cupboard.

Only about five percent of the world's oat crop is consumed as food by humans; most of the crop is fed to animals, like cattle, goats, horses, pigs, and sheep. Some birds will also eat oats, including blackbirds, doves, finches, pigeons, and sparrows.

The word "oat" comes from the Middle English "ote" (the grain of the oat plant or the plant itself), from the Old English *āte*, of unknown origin.

Anatomy

Oat grasses come from the Poaceae family, which includes other cereal grains, bamboos, and natural grassland.

The plant can grow to around 5 feet tall. Its long, narrow, pointed leaves grow upward and can be 3 to 16 inches long. Clusters of spikelets branch off from the top of the plant, which contain flowers that mature into oat seeds or grains.

Plant biologists believe oat plants are a secondary crop, meaning they came from a weed that mimicked a primary cereal crop plant, like wheat.

Oats like cooler (but not cold) weather and wetter summer weather to grow. Their growth can outpace weeds, and they are not as affected by crop disease as other cereal grains, such as barley and wheat.

An oat grain kernel is called a "groat" after removing the hull. It is a whole grain, including the germ, bran, and endosperm. Groats can be eaten but are quite chewy and require soaking before cooking.

How to Buy & Eat

Oats come in several forms. Most can be made into porridge, and some can be added to baked goods. Cooking times below are for the stovetop method. All types, except whole groats, can be cooked in the microwave; however, rolled, quick, or instant oats would probably be the most successful using this method.

Whole groats are the whole oat grain. They have the longest cooking time, taking 45 minutes to 2 hours. Soaking them overnight shortens the cooking time and makes them easier to digest.

Steel-cut or Irish oats are whole groats cut into smaller pieces. Their cooking time, at 20 to 30 minutes, is shorter than whole groats but longer than rolled oats.

Scottish oats are groats that have been stone-ground into paper-thin pieces. They result in a creamier porridge and take about 10 minutes to cook.

Rolled or Old Fashioned oats are groats that have been steamed and rolled into flakes. Their cooking time is 5 minutes.

Quick or instant oats are rolled oats that have been further steamed and flattened and take 1 to 3 minutes to cook.

Oat Bran is the outer part of the whole groat. The groat is ground, and the bran is separated from the flour. Oat bran takes about 1 to 3 minutes to cook.

The most popular oatmeal topping is milk. Other possible toppings include a sweetener, like sugar, honey, or maple syrup; fruit, like raisins, bananas, or blueberries; and butter or margarine. Eggnog, peanut butter, cottage cheese, and brewer's yeast are more unusual toppings.

Besides oatmeal, some other foods with oats as an ingredient are bread, cookies, crisps or crumbles, pies, cakes, meatloaf, and milk (oat milk).

Non-food uses for oats include refrigerator deodorizer, bath products and lotions for itchy skin, and

homemade play dough!

Nutrition

Oats are high in fiber and protein! They are also a good source of B vitamins and minerals. Oats have some cancer-preventing properties and benefit the digestive system.