Whole grains provide our bodies with dietary fiber, which helps to slow down how quickly food passes through our digestive system, keeping us feeling fuller for longer.

- Oats, whole wheat, rye, popcorn, quinoa, brown rice, and buckwheat are all whole grains.
- Fiber also helps to slow down how quickly sugar is absorbed from food.
- Always refer to the Nutrition Facts Label to see how much fiber and sugar you are receiving per serving.
Add your dried fruits when the granola is cooled -- the dry heat of the oven will dry them out if added before baking!

Did you know that granola could be savory instead of sweet?
  - This granola uses only cinnamon and vanilla extract as seasonings, but you could add a variety of different spices (and even herbs) to flavor your granola. Try adding small amounts of nutmeg, turmeric, pumpkin pie spice, or even freshly-chopped rosemary for a twist!
Sous Chef: the chef who is the second-in-command in a kitchen. They support the head chef.

Mix: to combine ingredients in a bowl, blender, or food processor

Bake: to cook food in a hot oven -- baking usually takes place between 300°F and 375°F