



## Nutrition Tidbits

- **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 the Nutrition Facts Label to see how much fiber and sugar you are receiving per serving**



## Kitchen Hacks

- **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!**



## Juicy Chef Words

- **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**