



*Special K[®]
Multi-grain Granola*

Recipe Cards
for Your
Kitchen!



Special K® Multi-grain Granola

Ingredients: Whole grain oats, Sugars (sugar, corn syrup, honey, molasses, corn and barley malt extract), Oat bran, Rice, Modified corn starch, Natural flavour, Acacia gum, Salt, Monoglycerides, Riboflavin (for colour), Whole grain whole wheat flour, Mixed tocopherols (for freshness), Vitamins and minerals: Iron, Niacinamide, Zinc oxide, Thiamine hydrochloride, D-calcium pantothenate, Pyridoxine hydrochloride, Folic acid.

Contains: Oats, Barley, Wheat.

Nutrition Facts	Per 1 Cup (108 g)		Per ½ Cup (54 g)	
	Amount	% DV*	Amount	% DV*
Calories	410		210	
Fat	5 g	7 %	2.5 g	3 %
Saturated + Trans	1 g	5 %	0.5 g	3 %
Carbohydrate	84 g		42 g	
Fibre	9 g	32 %	4 g	14 %
Sugars	19 g	19 %	10 g	10 %
Protein	12 g		6 g	
Cholesterol	0 mg		0 mg	
Sodium	230 mg	10 %	115 mg	5 %
Potassium	300 mg	6 %	150 mg	3 %
Calcium	40 mg	3 %	20 mg	2 %
Iron	14.5 mg	81 %	7 mg	39 %
Thiamine	2.15 mg	179 %	1.1 mg	92 %
Riboflavin	0.15 mg	12 %	0.075 mg	6 %
Niacin	7.5 mg	47 %	3.5 mg	22 %
Vitamin B ₆	0.65 mg	38 %	0.3 mg	18 %
Folate	110 mcg	28 %	50 mcg	13 %
Pantothenate	1.7 mg	34 %	0.9 mg	18 %
Phosphorus	250 mg	20 %	125 mg	10 %
Magnesium	80 mg	19 %	40 mg	10 %
Zinc	4 mg	36 %	2 mg	18 %

*DV = Daily Value

*5% or less is a **little**, 15% or more is a **lot**

Special K® Multi-grain Granola Recipes for Your Kitchen!

Granola has become a popular breakfast and snack food that is delicious and versatile. Special K® Multi-grain Granola is a tasty option for your kitchen and your customers. The recipes in this booklet have been designed to provide clever ways to serve a wide selection of customers. Whether your kitchen is serving a Campus Dining Hall, a Hotel Hospitality, Banquet or Catering Facility, a Retirement Living Facility, a Military Base or a local restaurant Special K® Multi-grain Granola can help you add exciting options to your menu day and night.



10 Granola Tips

- 1 Get your Morning Started:** Include granola in your muffin or pancake batter for added texture and crunch. Be sure to sprinkle a little more on top as a garnish.
- 2 Crunchy Bite Salads:** Crispy granola adds a hint of sweet and crispy crunch to salads that is the perfect accompaniment to fruit and veggies in each bowl.
- 3 Baked Casseroles:** Looking for an easy topping for sweet and savoury casseroles? Granola will add some crunch; simply sprinkle some on near the end of baking.
- 4 Crispy Fruit Dishes:** Combine granola with melted butter and a touch of sugar and cinnamon to sprinkle over top of cooked fruit for a delicious streusel topping.
- 5 Parfait it Up:** Layer yogurt or pudding with granola or simply sprinkle some over top for an extra special touch of flavour and crunch.



- 6 Cookies get Pumped:** Need some more punch in your cookies? Add some granola to cookie or other biscuit batter.
- 7 Barks and Bars:** Make chocolate a little more crunchy and snack like with the addition of granola in it or sprinkled on top before chilling for added crunch appeal.
- 8 Pack a Snack:** Add granola to your dried fruit trail mix for a delicious snack to take with you on your next hike.
- 9 Simple Desserts:** Jazz up your fruit bowl with a sprinkle of granola over top and a drizzle of melted chocolate for added eye appeal.
- 10 Toppers:** Whether it's a cake or loaf or cupcake, after that frosting or drizzle goes on; sprinkle some granola for an added bump of height and crunch your guests will love.



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Granola Cottage Cheese Smoothie Bowl

Add some protein into your smoothie bowl with cottage cheese! Change up the flavours by using fruit in season to garnish. Frozen fruit is perfect to keep on hand to add flavour and colour to the base.

Ingredients

- 3 containers (500 g) each cottage cheese
- 10 cups (1.3 kg) frozen fruit, such as berry blend or tropical mix
- 3 tbsp (45 mL) liquid honey
- 4 cups (436 g) Kellogg's Special K® Multi-grain Granola
- 6 cups (950 g) fresh berries (such as quartered strawberries, blueberries, raspberries, blackberries, sliced bananas)

Granola Cottage Cheese Smoothie Bowl

Directions

1. Pulse fruit in blender until coarse. Add cottage cheese and honey; puree until very smooth.
2. Divide among bowls and sprinkle with granola. Top with berries to serve.

Tip: For smaller blenders you can add a splash of milk if necessary. Alternatively you can use a food processor.

Per serving

($\frac{1}{12}$ th recipe or about $\frac{3}{4}$ cup)

Calories	370
Protein	20 g
Carbohydrates	65 g
Fat	6 g
Fibre	8 g
Sodium	490 mg
Sugar	35 g



NOTE: Using 2% cottage cheese and a composite of fruit listed.

Prep: 10 minutes



Serves: 10 to 12 (easily doubles)



Serving Size for 10:
just over 1 cup

Serving Size for 12:
just over $\frac{3}{4}$ cup

Granola Goodness



Better Bumped Up Oatmeal

Hearty oatmeal with fresh fruit flavours is a combination that will get anyone going in the morning. Adding granola adds a wonderful texture and a granola garnish just adds an extra special crunch.

Ingredients

- 4 cups (396 g) large flake oats
- 12 cups (3 L) milk or water
- Salt to taste
- 4 cups (436 g) Kellogg's Special K® Multi-grain Granola
- 4 cups (548 g) fresh or frozen sliced strawberries or blueberries
- Fresh fruit (garnish)
- Kellogg's Special K® Multi-grain Granola (garnish)
- Maple syrup (optional)

Better Bumped Up Oatmeal

Directions

1. In a large pot, combine oats and milk over medium-high heat. Bring to a simmer, stirring often. Simmer gently for about 5 minutes or until thickened slightly and oats are tender but firm. Season with salt to taste. Stir in granola and fruit and remove from heat.
2. Ladle into bowls and garnish with fresh fruit and granola, if desired. Drizzle with maple syrup if desired.

TIP: Serve with maple syrup on the side for guests to add their own sweetness if needed. The fruit offers up a balanced hint of sweetness with the granola.

Per serving

(¼ recipe or about 1 cup)

Calories	280
Protein	11 g
Carbohydrates	46 g
Fat	6 g
Fibre	5 g
Sodium	340 mg
Sugar	23 g

NOTE: Using 2% milk and strawberries. Garnish estimated as 2 tbsp each strawberries and granola per bowl.

Prep: 10 minutes

Cook: 5 minutes



Serves: 12 to 14



Serving Size for 12:
just over 1 cup

Serving Size for 14:
1 cup

Granola Goodness



Overnight Granola

Have this mixture ready the night before to make for an easy breakfast service. This is great in individual serving dishes or in a larger bowl for a buffet addition.

Ingredients

- 6 cups (582 g) Kellogg's Special K® Multi-grain Granola
- 12 cups (3 L or weight) vanilla or plain Greek yogurt
- ¾ cup (127 g) chia seeds
- 12 cups (1.3 kg) fresh or frozen berries
- 1 ½ cups (192 g) pumpkin seeds
- 1 ½ cups (186 g) slivered almonds or sunflower seeds
- Kellogg's Special K® Multi-grain Granola (garnish)

Overnight Granola

Directions

1. In a large bowl, stir together granola with yogurt and chia seeds until well combined. Cover and refrigerate overnight. (Stir in additional yogurt for a softer mixture if needed or alternatively use milk.)
2. Spoon into bowls and sprinkle each bowl with berries, pumpkin seeds and almonds to serve. Garnish with granola to serve.

TIP: Option to warm through before serving. Offer fresh milk to serve with for those that would like a loose mixture.

Per serving

(½th recipe or about 1 cup)

Calories	690
Protein	33 g
Carbohydrates	89 g
Fat	25 g
Fibre	16 g
Sodium	180 mg
Sugar	41 g



NOTE: Using 2% vanilla yogurt. Using composite of fresh berries and almonds. Garnish estimated at 2 tbsp per bowl.

Prep: 10 minutes



Serves: 12 to 14



Serving Size:
approximately 1 cup

Granola Goodness



Granola Egg Bites

These sweet and savoury egg bites are perfect on their own or tucked into English muffin for an easy morning sandwich. Change it up for lunch and serve 1 or 2 with salad greens and a light dressing.

Ingredients

- 8 large eggs
- ½ cup (125 mL) milk
- ½ tsp (2 mL) each salt and pepper
- 1 ½ cups (186 g) shredded cheddar cheese
- 1 cup (250 mL) chopped roasted red pepper, drained and patted dry
- 2 cups (218 g) Kellogg's Special K® Multi-grain Granola

Granola Egg Bites

Directions

1. In a large bowl, whisk together eggs, milk, salt and pepper. Stir in granola, cheese and red pepper.
2. Spray muffin or egg molds with cooking spray and place on baking sheet. Ladle mixture into muffin tins. Place baking sheet into oven and pour in hot water into bottom of sheet pan.
3. Bake in preheated 325°F (160°C) for 20 to 30 minutes or until tester comes out clean when tested. Let cool slightly before removing to serve.

TIP: Use to make breakfast sandwiches or enjoy on their own. These can also be served as a savoury muffin if desired.

Per serving

(½th recipe or 1 egg bite)

Calories	170
Protein	10 g
Carbohydrates	13 g
Fat	4.5 g
Fibre	2 g
Sodium	300 mg
Sugar	4 g



NOTE: Using 2% milk.

These can be frozen for up to 2 weeks and reheated with steam to retain a moist texture.

Prep: 10 minutes

Cook: 20 minutes



Serves: 12 to 14



Size may vary slightly depending on muffin tin size.

Granola Goodness



Easy Custard Almond Pie with Berries

Granola crust and almonds give this easy pie a great crunch and wonderful flavour to serve up with fresh fruit and whipped cream.

Ingredients

- 1 ½ cups (173 g) Kellogg's Special K® Multi-grain Granola
- ¼ cup (37 g) butter, melted
- 3 large eggs
- 2 tbsp (30 mL) each brown sugar and all-purpose flour
- 1 can (300 mL) sweetened condensed milk
- 1 tsp (5 mL) vanilla
- 1 cup (130 g) slivered almonds, chopped pecans or walnuts
- 4 cups (500 g) fresh or frozen berries (thawed if frozen)
- Whipped cream (optional)

Easy Custard Almond Pie with Berries

Directions

1. Place granola in food processor and process until finely ground. Drizzle in butter and pulse to combine. Scrape into 9-inch (23 cm) pie plate and press in bottom and up sides. Bake in 350°F (180°C) for about 10 minutes or until set and golden. Let cool.
2. Whisk together eggs, sugar and flour until smooth. Whisk in condensed milk and vanilla. Stir in almonds and pour into crust and bake for 20 to 30 minutes or until set and centre is slightly jiggly. Let cool completely then refrigerate until ready to cut and serve.
3. Serve each wedge with berries and dollop of whipped cream, if using.

Per serving

(about 1/10th pie or 1 slice)

Calories	340
Protein	9 g
Carbohydrates	44 g
Fat	16 g
Fibre	4 g
Sodium	130 mg
Sugar	31 g



NOTE: Whipped cream not included (listed as optional).

TIP: This custard pie has a unique quality as it bakes, the almonds surface to the top and the custard becomes the bottom layer. A wonderful combination of texture and flavour.

Prep: 15 minutes

Bake: 25 minutes



Serves: 10 to 12

Granola Goodness



Upside Down Granola Berry Cake

Coffee cakes are a wonderful addition to a morning menu or afternoon snack. Perfect to serve as an after dinner treat with coffee and ice cream if possible.

Ingredients

1/3 cup (76 g) butter, melted
1 cup (113 g) Kellogg's Special K® Multi-grain Granola
2 cups (290 g) fresh blueberries
1/2 cup (103 g) packed brown sugar
Cake:
1 1/2 cups (197 g) all-purpose flour
2/3 cup (152 g) granulated sugar
1/2 tsp (2 mL) each ground cinnamon and baking powder
1/4 tsp (1 mL) salt
1/2 cup (130 g) butter, softened
2 large eggs
3/4 cup (175 mL) milk
Ice cream and granola (garnish)

Prep: 15 minutes

Bake: 35 minutes



Serves: 12

Upside Down Granola Berry Cake

Directions

1. Pour melted butter into parchment paper lined 9-inch (23 cm) square baking pan. Spread berries and granola evenly over top. Sprinkle sugar over top evenly; set aside.
2. **Cake:** In a large bowl, whisk together flour, sugar, cinnamon, baking powder and salt. Add butter and using an electric hand or stand mixer until mixture looks sandy. Beat in eggs, one at a time, scraping down sides. On low speed, add milk slowly until well combined.
3. Spoon batter over top granola mixture; smooth top. Bake in 350°F (160°C) oven for about 35 minutes or until tester inserted in centre comes out clean. Let cool in pan for a few minutes. Place serving dish on pan and flip over to let cake release. Scrape any topping in the pan on top of cake. Sprinkle top with more granola. Serve with ice cream and more granola, if desired.

Per serving

(1/12th recipe or 1 slice)

Calories	310
Protein	4 g
Carbohydrates	41 g
Fat	15 g
Fibre	2 g
Sodium	140 mg
Sugar	25 g



NOTE: Using 2% milk. No additional granola or ice cream included in analysis as listed optional.

Granola Goodness



Granola Bananas Foster

Simple dessert on its own or perfect to serve with ice cream or over top angel food or pound cake.

Ingredients

- 6 bananas (664 g), peeled
- 1/3 cup (60 g) butter
- 5 tbsp (72 g) packed brown sugar
- 1/2 cup (125 mL) rum (optional)
- 2 cups (218 g) Kellogg's Special K® Multi-grain Granola

Granola Bananas Foster

Directions

1. Cut banana in half crosswise and then in half lengthwise; set aside.
2. Melt butter and sugar in a large skillet over medium heat. Add banana pieces and cook until lightly browned. Turn bananas over to coat. Remove skillet from heat.
3. Add rum, if using. Light sauce with long handled match or lighter and spoon sauce over bananas until flames subside.
4. Sprinkle granola over top and spoon bananas and sauce over ice cream, pancakes or waffles.

TIP: Alternatively, simply cut bananas in half lengthwise and saute in skillet.

Per serving

(1/2th recipe)

Calories	400
Protein	5 g
Carbohydrates	71 g
Fat	12 g
Fibre	5 g
Sodium	160 mg
Sugar	37 g



NOTE: Nutrition based on bananas, caramel and granola. No rum as listed as optional.

Prep: 5 minutes

Cook: 5 minutes



Serves: 6 to 12

Granola Goodness



Hummus Granola Jacket Potato

Change up lunch by serving up this plant base stuffed potato with a crisp green salad. Need a new side dish? Cut these in half and serve with your favourite protein.

Ingredients

- 12 sweet potatoes (about 300 g each and 3.6 kg total)
- 2 tbsp (30 mL) canola oil
- 3 cups (750 g) hummus
- 1 1/2 tsp (9 g) salt
- 3/4 tsp (2 g) pepper
- 3 cups (325 g) Kellogg's Special K® Multi-grain Granola
- 2 cups (235 g) shredded cheddar cheese
- Kellogg's Special K® Multi-grain Granola

Hummus Granola Jacket Potato

Directions

1. Rub sweet potatoes all over with oil and place on baking sheet. Roast in 375°F (190°C) oven for about 45 minutes or until tender when pierced.
2. When potatoes are cool enough to handle, make a cut in the top of each potato to expose flesh. Scoop out flesh into a large bowl. Add hummus, salt and pepper; mash until smooth and combined. Season again if needed. Stir in granola and spoon filling into each sweet potato jacket. (Potatoes should be overflowing and can be reshaped if needed)
3. Sprinkle each potato with cheese and return to oven for about 15 minutes to heat through and melt cheese. Sprinkle with additional granola, if desired.

Per serving

(1/2th recipe)

Calories	570
Protein	18 g
Carbohydrates	93 g
Fat	16 g
Fibre	16 g
Sodium	810 mg
Sugar	26 g



NOTE: No additional granola as listed as optional.

TIP: Stuffed sweet potatoes can be filled and topped with cheese and refrigerated for up to 2 days. They will need extra time to reheat in the oven.

Prep: 20 minutes

Cook: 1 hour



Serves: 12

Granola Goodness



Granola Chicken Bake

These chicken cutlets are perfect to serve up for lunch or dinner. Slice them up and add them to salad greens with fresh fruit for a twist on chicken salad.

Ingredients

10 boneless skinless chicken breast halves (1.25 kg total)
Salt and pepper
4 cups (454 g) Kellogg's Special K® Multi-grain Granola, ground*
1 cup (135 g) grated parmesan cheese (optional)
6 tbsp (90 mL) chopped fresh or dried parsley
2 tbsp (30 mL) dried oregano leaves
2 tsp (10 mL) each salt and pepper
5 large eggs
½ cup (125 mL) water
1 cup (140 g) all-purpose flour

Maple Mustard Sauce:

½ cup (125 mL) grainy mustard
⅓ cup (75 mL) maple syrup
3 tbsp (45 mL) yellow mustard
Salt and pepper to taste

Granola Chicken Bake

Directions

1. Remove tenderloin from chicken breasts and reserve for another use. Using a chef's knife, slice each chicken breast in half lengthwise to get 2 thin cutlets. Be sure to use a meat mallet to even out, if necessary. Season with salt and pepper; set aside.
2. In a large shallow dish, stir together granola, parmesan, if using, parsley, oregano, salt and pepper.
3. In another shallow dish, whisk together eggs and water; season with salt and pepper.
4. In a third shallow dish, spread flour out.
5. Coat each chicken cutlet in flour. Add to egg mixture and coat, letting excess drip off. Place in granola mixture and coat well, patting onto chicken. Place chicken on large parchment lined baking sheet. Repeat with remaining ingredients.
6. Lightly spray with cooking spray or drizzle with oil. Bake in 425°F (220°C) oven for 10 to 12 minutes or until no longer pink inside and golden.
7. **Maple Mustard Sauce:** In a bowl, whisk together mustard, maple syrup and yellow mustard. Season to taste with salt and pepper. Serve with chicken.

Per serving

($\frac{1}{10}$ th recipe or 2 chicken cutlets with sauce)

Calories	310
Protein	35 g
Carbohydrates	27 g
Fat	6 g
Fibre	2 g
Sodium	790 mg
Sugar	11 g

 **NOTE:** Minimal nutritional impact from cooking spray. Factored out about 25% of coating as usually there is leftovers. No parmesan as listed as optional.

TIP: To make this for kids, cut the chicken cutlets in 1 inch (2.5 cm) thick strips before coating them.

* Place granola in food processor and process until finely ground.

Prep: 30 minutes

Cook: 12 minutes



Serves: 10 (easily doubles)

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Crunchy Kale Salad

Using granola to add crunch to salads is a wonderful twist from using croutons and adds a perfect sweetness to this unique and delicious salad.

Ingredients

16 cups (weight) shredded kale
3 cups (337 g) Kellogg's Special K® Multi-grain Granola
6 stalks celery (309 g), thinly sliced
1 cup (118 g) sliced or slivered almonds
2 cups (269 g) sliced pitted dates
2 cups (159 g) shaved Parmesan cheese
½ cup (62 g) diced red onion (optional)

Lemon Olive Oil Dressing:

½ cup (125 mL) olive oil
¼ cup (60 mL) fresh lemon juice
3 tbsp (45 mL) white wine vinegar
4 tsp (20 mL) Dijon or grainy mustard
1 tbsp (15 mL) liquid honey or maple syrup
½ tsp (3 g) salt
¼ tsp (0.5 g) pepper

Crunchy Kale Salad

Directions

1. In a large bowl, toss together kale, granola, celery, almonds, dates, cheese and onions.
2. Lemon Olive Oil Dressing: In a bowl, whisk together oil, juice, vinegar, mustard, honey and season with salt and pepper. Pour over salad and toss well to combine. Garnish with more granola over top if desired.

Yield of dressing: 1 cup

Per serving

(½th recipe)

Calories	360
Protein	14 g
Carbohydrates	38 g
Fat	20 g
Fibre	7 g
Sodium	470 mg
Sugar	13 g



NOTE: Includes all dressing.

Prep: 10 minutes



Serves: 12

Granola Goodness



Squash Soup with Granola Goat Cheese Dumplings

These little meatball size dumplings are perfect for a twist to any soup. Try adding them to your next batch of tomato soup or other pureed soup for texture and flavour.

Squash Soup with Granola Goat Cheese Dumplings

Ingredients

2 tbsp (30 mL) canola oil
2 onions, chopped
2 tbsp (12 g) minced fresh ginger
4 cloves garlic, minced
3 lb (1.5 kg) cubed squash (fresh or frozen)
8 cups (2 L) vegetable broth
Chopped fresh parsley or cilantro
Hot sauce (optional)

Granola Dumpling:

1 cup (250 g) goat cheese
2 large eggs
6 tbsp (50 g) grated Parmesan cheese
1/4 tsp (0.5) pepper
Pinch salt
2 cups (227 g) Kellogg's Special K® Multi-grain Granola, ground*
2 tbsp (4 g) chopped fresh or dried parsley

Directions

1. In a soup pot, heat oil over medium heat. Sauté onions for 4 minutes or until softened. Stir in garlic and ginger and cook for 1 minute. Add squash and pour in broth; bring to a boil. Reduce heat, cover and simmer for about 20 minutes or until squash is tender. Using an immersion blender, puree soup and return to low heat.
2. Granola Dumplings: Meanwhile, in a bowl, mash goat cheese together with eggs. Season with Parmesan, pepper and salt. Stir in granola and parsley to form a spoonable mixture. Using a mini-ice cream scoop, gently scoop mixture by teaspoonfuls into soup to cook through.
3. Ladle soup into bowls to serve and sprinkle with parsley. Serve with hot sauce.

You will need about 12 cups of cubed squash (fresh or frozen will work).

Per serving

(1/2th recipe)

Calories	210
Protein	8 g
Carbohydrates	30 g
Fat	8 g
Fibre	4 g
Sodium	580 mg
Sugar	8 g

TIP: To make dumplings ahead, roll them and refrigerate until ready to add to soup.

Alternatively, you can bake these dumplings. Place on parchment paper lined baking sheet and bake in 400°F (200°C) for about 10 minutes or until bottom is golden. Try adding them to other soups or salads for a unique cheese type crouton.

Prep: 30 minutes

Cook: 30 minutes



Serves: 12

Maple Roasted Vegetables

A sweet hint of maple and crunch of granola makes this vegetable side dish perfect to accompany any protein dinner or add it to a buffet for guests to scoop up their own colourful mix.

Ingredients

- 1/3 cup (75 mL) canola oil
- 6 carrots, peeled and cut into 2-inch (5 cm) chunks
- 6 parsnips, peeled and cut into 2-inch (5 cm) chunks
- 1 large red onion, cut into 8 wedges
- 2 each yellow and green peppers, cut into large chunks
- 2 zucchini, cut into 2-inch (5 cm) chunks
- 2 tbsp (5 g) Italian seasoning
- 1 tsp (5 g) salt
- 2 cups (218 g) Kellogg's Special K® Multi-grain Granola
- 1/3 cup (75 mL) maple syrup
- Pepper (optional)

Prep: 25 minutes

Cook: 30 minutes



Serves: 12

Maple Roasted Vegetables

Directions

1. In a large bowl, toss together carrots, parsnips, onion, peppers, zucchini, Italian seasoning and salt. Drizzle with oil and stir well to coat.
2. Spread onto a large parchment lined baking sheet (or 2 half sheet pans). Roast in 425°F (220°C) oven for about 30 minutes or until tender crisp and golden. Remove from oven and while on baking sheet, stir in granola and maple syrup to coat well. Return to oven for 5 minutes to set glaze. Season with salt and pepper, if desired before serving.

Per serving

(1/12th recipe)

Calories	230
Protein	4 g
Carbohydrates	39 g
Fat	7 g
Fibre	5 g
Sodium	270 mg
Sugar	17 g



NOTE: Only the 1 tsp of salt listed in ingredient list included as additional is listed as optional.

Granola Goodness



Granola Goodness