



Olive Oil Granola

Prep: 5 minutes | Cook: 45 minutes | Total: 50 minutes

Yield: 26 servings | Serving Size: ~¼ cup

Ingredients

3 cups old-fashioned (rolled) oats
1 cup chopped raw walnuts
1 cup green pumpkin seeds (pepitas)
1 cup unsweetened shredded coconut
½ cup maple syrup or packed brown sugar
½ cup extra-virgin olive oil
1 teaspoon ground cinnamon or pumpkin pie spice
¼ teaspoon salt
½ cup dried fruit (one type or a combination; e.g. raisins, dried cranberries, dried cherries, dried apricots), chopped if large (optional)

Directions

1. Preheat oven to 300°F
2. In a large bowl, combine the oats, walnuts, pumpkin seeds, shredded coconut, maple syrup or brown sugar, olive oil, cinnamon or pumpkin pie spice, and salt.
3. Divide the mixture between 2 rimmed baking sheets and spread in an even layer.
4. Bake until golden-brown and crispy, about 30-45 minutes, stirring every 10 minutes.
5. Transfer the granola to a large bowl.
6. Add the dried fruit (if using). Stir to combine.
7. Once cool, transfer to an air-tight container and store for up to 1 month.

Recipe Notes

- This granola can be eaten on it's own as a snack, or on top of another food item such as yogurt or fruit.
- Any chopped nut can be substituted for the walnuts.
- An additional cup of nuts or another large seed, such as sunflower seeds, can be substituted for the pumpkin seeds.

Nutrition Facts Per Serving: Calories: 195 | Total Fat: 12 g | Saturated Fat: 2 g
Sodium: 25 mg | Total Carbohydrate: 17 g | Dietary Fiber: 2 g | Protein: 5 g

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