



Nutty Granola

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 9 servings | Serving Size: 1/2 Cup

Ingredients

Cooking Spray

3 cups old-fashioned oats

1/2 cup chopped raw, unsalted walnuts

1/2 cup chopped unsalted almonds

1/2 cup chopped unsalted pecans

1/2 cup maple syrup

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

1/2 cup raisins (optional)

Directions

1. Preheat the oven to 300 degrees F. Spray a large baking sheet with cooking spray.
2. In a medium bowl combine the oats, nuts, maple syrup, salt, cinnamon, and raisins.
3. Spread the mixture onto the baking sheet and bake until golden brown, stirring occasionally, about 30 minutes.
4. Transfer the sheet to a cooling rack and let cool completely.
5. Store in the refrigerator in an airtight container.

Recipe Notes

- Dried cherries, cranberries, or chopped dates can be substituted for raisins.
- Serve on top of yogurt .
- Try as a crunchy salad or hot cereal topping.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 15 | Saturated Fat: 1.5 g
Sodium: 67 mg | Total Carbohydrate: 34 g | Dietary Fiber: 4.5 g | Protein: 7 g**

Adapted from | Ellie Krieger, Food Network
For more recipes, please visit www.nutrition.va.gov



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