

Granola Recipe



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Ingredients:

3 cups rolled oats (fiber)¹

1/3 cup light olive oil or avocado oil (good fat)²

½ cup of each- chopped pecans, walnuts, and almonds (good fat)²

½ cup honey

1 teaspoon vanilla

1 ½ teaspoons cinnamon

Pinch of salt

Directions: Preheat oven to 300 F. Grease baking sheet or line with parchment paper. Add all ingredients to a large mixing bowl and mix well. Pour mixture on to the baking sheet and use a large spoon to spread it out evenly. Bake for 25 minutes or until lightly browned. While baking, stir mixture every 10 minutes. When granola is done, it may seem wet but will crisp up when cool. Enjoy!! Makes 8 servings. 238 calories, 10.8 g fat, 31.4 g carbs, 4.3 g protein, 4.5 g fiber, 5.7 g total sugar

Although this adds a little more sugar you can sprinkle a small amount of brown sugar over the top before baking.

Watch this quick video for making fruit and yogurt parfaits with granola-serves 2

<https://www.youtube.com/watch?v=aXe6AdIMflg><https://www.youtube.com/watch?v=aXe6AdIMflg>

1. <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/how-to-add-whole-grains-to-your-diet>

2. <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>
3. Davis P A, Yokoyama W. Cinnamon intake lowers fasting blood glucose: meta-analysis. *Med Food*. 2011. 14(9):884-9. doi:10.1089/jmf.2010.0180.