

# Maple Walnut Granola

## About the Recipe

**231 Calories · 7 g Protein · 2.5 g Fiber**  
**Breakfast**

## Ingredients

***Makes 6 Servings***

- 3 c (243 g) rolled oats
- 1 c (133 g) wheat germ
- 1/2 c (60 g) chopped walnuts
- 1/2 c (80 g) raisins
- 1/2 c (80 g) dried cranberries
- 1/4 c (36 g) sesame seeds
- 1/4 c (60 mL) maple syrup
- 2 tbsp (30 mL) molasses
- 1 tsp (5 mL) cinnamon

## Directions

1. Preheat oven to 300 F (149 C).
2. Combine all ingredients in a large bowl and mix thoroughly. Transfer to a 9-by-13-inch (23-by-33-cm) baking dish.
3. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.

## Nutrition Facts

*Per 1/2-cup serving*

**Calories:** 458 kcal

**Fat:** 15 g

**Saturated Fat:** 2 g

**Calories From Fat:** 27%

**Cholesterol:** 0 mg

**Protein:** 13 g

**Carbohydrates:** 65 g

**Sugar:** 32 g

**Fiber:** 9 g

**Sodium:** 16 mg

**Calcium:** 83 mg

**Iron:** 4.2 mg

**Vitamin C:** .4 mg

**Beta-Carotene:** 20 mcg

**Vitamin E:** 4.8 mg