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