

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