Maple Walnut Granola

About the Recipe

231 Calories · 7 g Protein · 2.5 g Fiber
Breakfast

Ingredients

Makes 6 Servings

• rolled oats (3 cups)
• wheat germ (1 cup)
• chopped walnuts (1/2 cup)
• raisins (1/2 cup)
• dried cranberries (1/2 cup)
• sesame seeds (1/4 cup)
• maple syrup (1/4 cup)
• molasses (2 tablespoons)
• cinnamon (1 teaspoon)

Directions

1. Preheat oven to 300 F.
2. Combine all ingredients in a large bowl and mix thoroughly. Transfer to a 9- x 13-inch 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:
231

**Protein:** 7 g

**Carbohydrate:** 39 g

**Fat:** 6.5 g

- **Calories from Fat:** 23%

**Fiber:** 2.5 g

**Sodium:** 5 mg