

# 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.&nbsp;
2. Combine all ingredients in a large bowl and mix thoroughly. Transfer to a 9- x 13-inch baking dish.&nbsp;&nbsp;
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