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