



# Maple-Pecan Granola

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 32 servings | Serving Size: ¼ cup

## Ingredients

- ½ cup olive oil or avocado oil
- ⅓ cup maple syrup
- 2 teaspoons vanilla extract
- 1 teaspoon salt
- ½-1 teaspoon ground cinnamon, to taste
- 4 cups uncooked old fashioned (rolled) oats
- 1½ cups unsalted pecans, chopped into ¼- to ½-inch pieces

## Directions

1. Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper and set aside.
2. In large mixing bowl, whisk together the oil, maple syrup, vanilla, salt, and cinnamon.
3. Add the oats and pecans. Toss gently until completely coated with the oil-maple syrup mixture.
4. Transfer the mixture onto the prepared baking and spread into an even layer.
5. Bake until golden-brown and crispy, about 20-25 minutes, stirring the mixture every 7-10 minutes.
6. Remove from oven and place on a wire cooling rack or other heat-safe surface.
7. When completely cooled, use as desired or transfer to an airtight storage container for up to 2 months.

## Recipe Notes

- Another type of nut or seed can be used in place of some or all of the pecans, if desired (e.g. walnuts, pepitas, pumpkin seeds, almonds). Honey can be used in place of the maple syrup.
- Try adding ¼ cup of unsweetened coconut flakes. Once the granola is cooled, consider adding up to ½ cup of dried fruit (chopped if large; e.g. raisins, cranberries, papaya, pineapple) or mini chocolate chips.

**Nutrition Facts Per Serving:** Calories: 145 | Total Fat: 8 g | Saturated Fat: 1 g  
Sodium: 75 mg | Total Carbohydrate: 16 g | Dietary Fiber: 3 g | Protein: 4 g

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