

HEALTHY

Maple Granola



INGREDIENTS

- 2 T pure maple syrup
- 1 T neutral oil
(canola/avocado)
- ¼ tsp vanilla
- 1 cup rolled oats
- ¼ cup chopped pecans
- 1 ½ tsp ground cinnamon
- 1/8 tsp kosher salt

5-6

Yield

10 MIN

Prep time

25 MIN

Total time

DIRECTIONS

1. Preheat oven to 325 degrees. Line a rimmed baking sheet with parchment paper.
2. Combine liquids, then stir in oats, pecans, cinnamon, and salt until evenly combined
3. Spread mixture out onto the prepared baking sheet.
4. Bake the granola, stirring halfway through, until golden, 10 to 15 minutes.
5. Let cool completely before storing.

TIPS

- If you make ahead, store airtight for up to 2 weeks.
- Consider gluten-free oats for people with celiac or gluten-sensitivity.
- Can be enjoyed like cereal with milk or sprinkled over yogurt to make an easy parfait.
- Serve with a banana for a balanced breakfast.