



EatingWell



## MAPLE GRANOLA

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## Maple Granola

**ACTIVE:** 10 MINUTES **TOTAL:** 25 MINUTES

**TO MAKE AHEAD:** Store airtight for up to 2 weeks.

**EQUIPMENT:** Parchment paper

*This quick and healthy granola recipe can be enjoyed like cereal with milk or sprinkled over yogurt to make an easy parfait. Serve with a banana for a balanced breakfast.*

**2** tablespoons pure maple syrup

**1** tablespoon canola oil

**¼** teaspoon vanilla

**1** cup rolled oats

**¼** cup chopped pecans

**1½** teaspoons ground cinnamon

**⅛** teaspoon kosher salt

1. Preheat oven to 325°F. Line a rimmed baking sheet with parchment paper.
2. Combine maple syrup, oil and vanilla in a medium bowl. Stir in oat, pecans, cinnamon and salt until evenly combined. Evenly spread out onto the prepared baking sheet.
3. Bake the granola, stirring halfway through, until golden, 10 to 15 minutes. Let cool completely before storing.

**SERVES 5:** GENEROUS ⅓ CUP EACH

Calories 146, Fat 8g (sat 1g), Cholesterol 0mg, Carbohydrates 18g, Total sugars 6g (added 5g), Protein 3g, Fiber 3g, Sodium 29mg, Potassium 100mg.