

Maple-Nut Granola by Lynn's Recipes



Lynn demonstrates how to make a healthy Maple-Nut Granola that you could have for breakfast or sprinkle over yogurt with fruit. Adapted from Everyday Food Magazine.

Ingredients:

- 3-1/2 cups old fashioned rolled oats
- 1/4 cup chopped pecans
- 1/4 cup chopped almonds
- 1/4 teaspoon coarse salt
- 5 teaspoons vegetable oil, (you can use coconut oil, if desired)
- 5 Tablespoons pure maple syrup
- 1/2 teaspoon vanilla extract

Preheat oven to 325°. In a large bowl, toss together all of the above ingredients.

Spread oat mixture on a rimmed baking sheet. Bake until golden brown, 25-30 minutes, rotating sheet halfway through. Let cool completely.

To store, cover and keep at room temperature up to 2 weeks.

Makes 4 cups.

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