

## 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
- ¼ cup chopped pecans
- ¼ cup chopped almonds
- ¼ teaspoon coarse salt
- 5 teaspoons vegetable oil, (you can use coconut oil, if desired)
- 5 Tablespoons pure maple syrup
- ½ 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.

[Comment or watch this Recipe on You Tube](#)

**Follow me on:**

[YouTube](#)

# Maple-Nut Granola by Lynn's Recipes

---

[Twitter](#)

[Facebook](#)

[Instagram](#)

Lynn's Recipes: February 2014  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

-----

[Click here for a handy Conversion Chart](#)