



A Nutrition Resource



CRANBERRY PECAN GRANOLA

Yield: 16 Servings | Serving Size: 1/3 cup

Cost/Serving: \$0.33

Ingredients:

- Nonstick cooking spray
- 3 cups rolled oats
- 1 cup chopped pecans
- 1/3 cup maple syrup (or honey or agave syrup)
- 1/4 cup vegetable oil
- 1 Tablespoon ground cinnamon
- 2 teaspoons vanilla extract
- 1 cup dried cranberries (optional)

Directions:

- 1) Preheat oven to 325°F.
- 2) Collect, chop, and measure all ingredients before starting to prepare the recipe.
- 3) Spray a large baking sheet with cooking spray and set aside.
- 4) Combine oats and pecans in a large bowl.
- 5) In a small saucepan, combine maple syrup, vegetable oil, and cinnamon. Cook over low heat, stirring frequently until mixture becomes thin. Remove from heat and stir in vanilla.
- 6) Pour warm mixture over oats and pecans and stir to coat evenly.
- 7) Spread mixture in an even layer on the baking sheets.
- 8) Bake for 25 minutes.

Nutrition Facts

16 servings per container	
Serving size	1/3 Cup (39g)
Amount Per Serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 45mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 9) Remove from the oven and allow to cool completely.
- 10) Put the cooked granola in a large bowl, add the cranberries, and stir until the cranberries are evenly distributed.
- 11) Store in an airtight container at room temperature for up to 7 days.

Be creative! Use walnuts or almonds instead of pecans and/or use raisins instead of cranberries

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

