

Granola



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

10

Serving size

1/2 cup

Time to make

20 minutes preparation; 30 minutes cook time

Ingredients

- Nonstick cooking spray
- 2 cups old-fashioned oats
- Optional: 1/2 cup wheat germ
- 2 tablespoons dark brown sugar
- 1/2 teaspoon salt
- 3 tablespoons canola or vegetable oil
- 1/4 cup maple syrup or honey
- 1 cup extra ingredients* (raisins, dried fruit mix, nuts, etc.)

*Raisins and almonds were added for the nutrition analysis

Directions

1. Adjust oven rack to middle position, and heat oven to 275 degrees F.
2. Coat a 9 x 13-inch metal pan with cooking spray. Set aside.
3. In a large bowl, mix oats, wheat germ (if using), brown sugar, and salt. Set aside.
4. In another bowl, stir together the oil and maple syrup or honey. Drizzle over the oat mixture and stir to coat well.
5. Pour mixture onto prepared pan. Bake for 15 minutes.
6. Stir in extra ingredients. Bake an additional 15 minutes or until golden brown.
7. Note: Do not over bake. The granola will be soft when it comes out of the oven but will crisp as it cools.

Tips and variations

- Add 1/2 teaspoon cinnamon in step 3 if desired.
- Store cooled granola in an airtight container for up to two weeks.
- Add nuts such as almonds, walnuts, or pecans. Nuts are a good source of healthy oils.
- You can use granola in a variety of dishes. Eat it with milk like cereal, or use it as a crunchy topping over yogurt, oatmeal, apple sauce, or ice cream.

Recipe video

Nutritional info

Calories

192

Total fat

8.3 g

Saturated fat

0.8 g

Cholesterol

0 mg

Sodium

119.3 mg

Total carbohydrates

27.6 g

Dietary fiber

3.2 g

Protein

4.5 g

Total sugar

12.1 g

Allergens

Soy

Tree nuts

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