

Healthy Granola

Ingredients

4 cups	old fashioned rolled oats
1 cup	toasted wheat germ
½ cup	flax seed
3 teaspoons	Penzeys Spices Cake Spice*
1 cup	pumpkin or sunflower seeds
1 cup	chopped pecans or walnuts
3 tablespoons	honey or pure maple syrup
2 tablespoons	blackstrap molasses
⅓ cup	walnut or sunflower oil
⅓ cup	water

*Make your own spice mix with:

- ½ teaspoon ground ginger
- ½ teaspoon allspice
- 1 teaspoon ground cloves
- 2 tablespoons cinnamon
- 1 tablespoon nutmeg

Recipe adapted by Jenny Pitcher, RDN, LD, CHWC

Directions

1. Heat oven to 300 degrees Fahrenheit with rack in center.
2. In a large mixing bowl, combine oats, wheat germ, flax seed, cake spice, seeds and nuts. Pour the honey or maple syrup, oil and ⅓ cup water over the mixture and stir until it is well coated.
3. Spread evenly in two rimmed baking sheets.
4. Bake, stirring every 20 minutes or so for even cooking, until dry and lightly browned, about 45 minutes.
5. Let granola cool to room temperature, then store in an airtight container for up to one month.

Nutrition per serving	147 Calories	15g Carbohydrates	4.3g Protein
Serving size=1/4 cup	7.9g Fat	3.5g Fiber	



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