



EATING SMART
BEING ACTIVE

Cranberry Pecan Granola

Makes: 16 servings (1/3 cup per serving)

Preparation Time: 10 minutes

Cooking Time: 25 to 30 minutes

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. Wash hands with soap and water.
2. Preheat oven to 325°F.
3. Collect, chop, and measure all ingredients before starting to prepare the recipe.
4. Spray a large baking sheet with cooking spray, and set aside.
5. Combine oats and pecans in a large bowl.
6. In a small sauce pan, combine maple syrup, vegetable oil, and cinnamon. Cook over low heat, stirring frequently until mixture becomes thin. Remove from heat, and stir in vanilla.
7. Pour warm mixture over oats and pecans, and stir to coat evenly.
8. Spread mixture in an even layer on the baking sheet.
9. Bake for 25 minutes.
10. Remove from the oven, and allow to cool completely.
11. Put the cooked granola in a large bowl, add the cranberries, and stir until the cranberries are evenly distributed.
12. 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.

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 8g	
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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