

Maple Walnut Granola

(Makes about 6 cups)

This yummy granola is made without added oil.

- 3 cups rolled oats
- 1 cup wheat germ
- ½ cup chopped walnuts
- ½ cup raisins
- ½ cup dried cranberries (optional)
- ¼ cup sesame seeds
- ¼ cup maple syrup
- 2 tablespoons molasses
- 1 teaspoon cinnamon

Preheat oven to 300°F.

Combine all ingredients in a large bowl and mix thoroughly.

Transfer to a 9 × 13-inch baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes.

Per ½-cup serving: 202 calories; 7 g protein; 31 g carbohydrate; 7 g fat; 4 g fiber; 5 mg sodium; calories from protein: 13%; calories from carbohydrates: 59%; calories from fats: 29%

Recipe from *Healthy Eating for Life for Children* by PCRM nutrition director Amy Lanou, Ph.D.

