



Homemade Granola

Ingredients:

- 1 cup rolled oats
- ¼ cup whole almonds
- ¼ pepitas
- 1/ teaspoon cinnamon
- 2 ½ tablespoons maple syrup
- 2 tablespoons coconut oil, melted

Instructions:

1. Preheat oven to 350°F and spray baking sheet with oil or line with parchment paper.
2. In a bowl combine rolled oats, almonds, pepitas and cinnamon. then pour coconut oil and maple syrup and mix to combine.
3. Pour ingredients onto baking sheet and spread out evenly on sheet.
4. bake for 20-25 minutes and stir ingredients half way through.
5. Remove from oven when golden brown. Store in an airtight container for 3 weeks.

Variations:

Add dried fruits like cranberries or cherries for some sweetness!

Swap the almonds and pepitas for other nuts and seeds that you prefer!

Add chia or flax seeds for some added omega-3s and fiber!

Prep Time: 10 minutes

Cooking Time: 40 minutes

Equipment:

- baking sheet
- bowl
- spatula

Servings: 4

Serving Size: ¼ cup



Nutrition Facts:	231Calori	13g	8g Saturated	23g	6g	5g
	es,	Fat	Fat,	Carbohydrates,	Protein,	Fiber,
	0g	27mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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