



## Crunchy Nutty Granola

This homemade granola is great to have on hand for a quick breakfast, snack or dessert. Oats are a healthy whole grain that is loaded with soluble fibre – an important nutrient that keeps you feeling full for longer and your cravings for sweets at bay. For a balanced quick-fix breakfast, snack or dessert, sprinkle some of this delicious granola on top of yogurt along with your favourite fruit (and hey, why not sprinkle of dark chocolate shavings on top – you know you want to! 😊)

Recipe makes 6 servings (1/4 cup each)

Prep time: 5 minutes

Cook time: 15 minutes

### Ingredients:

- 1 cup oats (any type will do!)
- 1 cup walnuts, roughly chopped
- ½ cup pumpkin seeds
- 2 tbsp neutral tasting oil (canola oil, safflower oil)
- 1 tsp pure Canadian maple syrup
- 1 tbsp ground cinnamon
- Cooking spray



### Directions:

Preheat oven to 400°F. Cover a baking sheet with aluminum foil and lightly coat with cooking spray to prevent sticking.

In a large bowl, add oats, chopped walnuts, and pumpkin seeds. Set aside.

In a small bowl, add oil, maple syrup, and cinnamon. Mix until combined and pour over dry ingredients. Mix everything until the dry ingredients are evenly coated.

Spread onto the baking sheet in an even layer. Bake for 15 minutes until golden brown.

**Tip:** The granola can be stored in an air-tight container for up to 1 week. You can also make a double batch and freeze half of it for later.