



Homemade Maple Granola Recipe – GF, RS

Rich vanilla cake with coconut & almond glaze makes this a delicious bundt cake recipe!

Equipment



- baking sheet
- Parchment Paper (optional)
- Spatula

Ingredients



- 3 cups old fashioned oats
- 2/3 cup chopped walnuts
- 2/3 cup chopped pecans
- 2 tbsp chia seeds
- 3/4 tsp salt
- 1 1/2 tbsp cinnamon
- 1/2 cup maple syrup
- 2 tsp vanilla extract
- 1/2 cup coconut oil (melted)

Instructions



- Preheat your oven to 300F.
- In a large mixing bowl add the oats, walnuts, pecans, chia seeds, salt and cinnamon. Mix together with a spoon until everything is distributed evenly.
- In a liquid measuring cup, measure out your maple syrup and then add the vanilla extract to it. Mix until it is combined and then pour over the oat mixture. Mix until everything has been coated.
- Melt your coconut oil in the microwave or on a stove top. Pour over the oat mixture and mix until everything has been coated.
- If you would like to, line your baking sheet with parchment paper. You can also use it without the parchment paper.
- Pour the oat mixture onto your baking sheet and spread it evenly.
- Place it in the oven for 10 minutes, then take it out and mix it with a spatula. Then make sure it is evenly distributed again.
- Put it back in the oven for another 10 minutes, and again mix it with the spatula.
- Put it back in the oven for 10 more minutes and then remove it. Let it cool all the way before storing.
- Store the granola in an airtight container. It will last at room temperature for about 2 weeks.

Notes:

Amount per serving	
Calories	329
% Daily Value*	
Total Fat 20.7g	27%
Saturated Fat 10.3g	52%
Cholesterol 0mg	0%
Sodium 179mg	8%
Total Carbohydrate 31.8g	12%
Dietary Fiber 6g	21%
Total Sugars 9.9g	
Protein 6.5g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2mg	12%
Potassium 179mg	4%