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Prevent and Protect
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NUTTY GRANOLA

From: *The Food You Crave* by Ellie Krieger

Makes 4 ½ cups

You can't buy granola this good! And it couldn't be simpler to make. All the flavors come through crisp and clear; crunch toasted nuts, chewy oats, and caramelized raisins perfectly sweetened with the unmistakable flavor of real maple syrup and humming with cinnamon.

3 cups old-fashioned rolled oats
½ cup chopped walnuts
½ cup chopped almonds
½ cup chopped pecans
Cooking Spray
½ cup pure maple syrup
¼ teaspoon salt
¼ teaspoon ground cinnamon
½ cup raisins (optional)

- Preheat oven to 350 degrees. Coat a large baking sheet with cooking spray
- In a medium bowl, combine all ingredients, mixing well to coat everything with the maple syrup
- Spread on baking sheet and bake until golden brown, stirring occasionally, about minutes
- Transfer the sheet to a wire rack and let cook completely
- Store in the refrigerator in an airtight container for about 2 weeks