



Chunky Homemade Granola

*This granola is great for boosting energy and is high in iron! It can be used as a snack, cereal for breakfast, or a topping for a fruit and yogurt parfait dessert. The added raisins and apricots provide lots of **iron, vitamin A, and carbohydrate***

Prep: 15 minutes • Total: 45-60 minutes

Ingredients:

Rolled Oats	3 cups	750 mL
Raw almonds, slivered	½ cup	125 mL
Wheat germ	3 Tbsp	45 mL
Coconut oil, melted	2 Tbsp	30 mL
Maple Syrup	¼ cup	60 mL
Raisins	1 cup	250 mL
Dried apricots, chopped	1 cup	250 mL
Cinnamon	½ Tbsp	8 mL

Directions:

1. Preheat the oven to 325 degrees F (165 degrees C) and place rack in the center of the oven. Line a baking sheet with parchment paper.
2. In a large bowl combine the rolled oats, almonds, wheat germ, apricots, raisins and cinnamon.
3. In a small bowl, stir together the melted coconut oil and maple syrup. Pour over the dry ingredients and toss together, making sure that everything is lightly coated.
4. Spread the mixture onto the prepared baking sheet and bake for 30-45 minutes or until golden brown, stirring frequently so the mixture browns evenly.
5. Store granola in an airtight container.

Nutrition Facts

Serving Size (30g)		Servings Per Container	
Amount Per Serving			
Calories 110	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 19g	6%		
Dietary Fiber 2g	8%		
Sugars 10g			
Protein 3g			
Vitamin A 4%	• Vitamin C 0%		
Calcium 2%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: www.joyofbaking.com
& www.tastefood.info

Makes 24 servings (30 g / serving) • 1 serving = 1/4 cup

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