

# Almond Pepita Granola with Raisins



*Making homemade granola is a great way to control the calories, fat, and added sugar and it's quick and easy to do. The flavor possibilities are also endless!*

<b>YIELD</b> <b>ABOUT 2 CUPS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

1 cup	Old Fashioned Rolled Oats
¼ cup	Pumpkin Seeds (Pepitas)
¼ cup	Almonds, slivered, unsalted
1 Tbsp	Honey
1 Tbsp	Olive Oil
1 tsp	Vanilla Extract
¼ tsp	Cinnamon, ground
⅛ tsp	Kosher Salt
To Taste	Cayenne Pepper (optional)
¼ cup	Raisins, regular or golden

## CHEF'S NOTES

Any type of nut or seed does the trick with this recipe! Try adding chia or flax seeds for extra omega-3s and fiber.

Granola makes a great crunchy snack on its own or is perfect layered with yogurt and fruit for a healthy breakfast.

Store in an airtight container in a cool place for up to two weeks.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine the oats, pumpkin seeds, and almonds and set aside.
3. In a small bowl, combine the honey, olive oil, vanilla, and spices. Using a rubber spatula, stir until evenly combined. Pour the liquid mixture over the oat mixture. Mix well, until all the oats are coated.
4. Spread the mixture onto the parchment lined baking sheet in one even layer. Bake in the oven for 15 minutes, mixing the granola halfway through the cooking process. Remove from oven and allow to cool.
5. When ready to serve, mix in the raisins.

# Nutrition Facts

4 servings per container

**Serving size** 1/2 cup (55g)

**Amount Per Serving**

**Calories** 240

**% Daily Value\***

**Total Fat** 13g 17%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Total Carbohydrate** 28g 10%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 5g Added Sugars 10%

**Protein** 7g 14%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.5mg 15%

Potassium 210mg 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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