

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!

YIELD ABOUT 2 CUPS	PREP TIME 5 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

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

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 large baking sheet with parchment paper or spray with nonstick cooking spray.
2. In a medium bowl, combine the oats, pumpkin seeds and almonds.
3. In a small bowl, combine the olive oil, vanilla, honey and spices. Stir until combined. Pour the liquid mixture over the oat mixture. Mix well, until all of 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 before mixing 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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