



# Cranberry Pecan Granola

## Ingredients:

- 3 cups oats
- 1 cup chopped pecans
- 1 cup dried cranberries
- 1/3 cup olive oil
- 1/3 cup honey
- 2 teaspoons vanilla extract
- 1 tablespoon ground cinnamon
- 1/4 teaspoon fresh grated nutmeg
- 1/8 teaspoon ground cloves

## Directions:

1. Preheat oven to 325F. Spray a baking sheet with cooking spray.
2. Combine oats and pecans in a large bowl. In a small saucepan, combine honey, oil, and spices. Warm over low heat, stirring frequently until mixture becomes thin. Remove from heat, stir in vanilla.
3. Pour warm honey mixture over oats and pecans, toss to coat evenly. Spread mixture onto prepared baking sheet, bake for 30 minutes. Gently flip with a spatula, add cranberries, and bake for 10-12 minutes more until dry and evenly brown. Cool.

**Serves 6**

**Serving size: 1/3 cup**

| <b>Nutrition Facts</b>         |       |                          |      |
|--------------------------------|-------|--------------------------|------|
| Serving Size 0.33 cup(s) (50g) |       |                          |      |
| Amount Per Serving             |       |                          |      |
| <b>Calories</b>                | 221   | <b>Calories from Fat</b> | 91   |
|                                |       | % Daily Value            |      |
| <b>Total Fat</b>               | 10.1g |                          | 16 % |
| Saturated Fat                  | 1.2g  |                          | 6 %  |
| Trans Fat                      | 0.0g  |                          |      |
| <b>Cholesterol</b>             | 0.0mg |                          | 0 %  |
| <b>Sodium</b>                  | 1.0mg |                          | 0 %  |
| <b>Total Carbohydrate</b>      | 29.1g |                          | 10 % |
| Dietary Fiber                  | 3.9g  |                          | 16 % |
| Sugars                         | 10.4g |                          |      |
| <b>Protein</b>                 | 5.0g  |                          |      |
| Vitamin A                      | 0 %   | Calcium                  | 2 %  |
| Vitamin C                      | 1 %   | Iron                     | 8 %  |



Photo by: [http://www.flickr.com/photos/sweet\\_four/4286495162/](http://www.flickr.com/photos/sweet_four/4286495162/)