

PUMPKIN BERRY GRANOLA

 18 portions

INGREDIENTS

- 904 grams of quaker Old Fashioned Oats
- 1 cup, chopped of nuts, pecans [109 g]
- 1/2 cup, with hulls, edible yield of seeds, sunflower seed kernels, dried [23 g]
- 1 tbsp of spices, cinnamon, ground [8 g]
- 2 tsps of spices, pumpkin pie spice [3 g]
- 1/2 tsp of salt, table [3 g]
- 255 grams of libby's Pumpkin Pie Mix, Canned
- 170 grams of simple Truth Organic Maple Syrup
- 1 tsp of vanilla extract [4 g]
- 170 grams of cranberries, dried, sweetened

COOKING METHOD

- 1° Preheat the oven 325 and line a large baking pan with parchment paper!
- 2° Pour the 4 cups of old fashioned oats, 1 cup chopped pecans, and 1/2 cup of raw sunflower seeds into a mixing bowl
- 3° In a separate bowl, whisk the spices, salt, vanilla, pumpkin, and maple syrup
- 4° Add the liquid mixture into the bowl with the dry ingredients and combine
- 5° Spread the granola onto baking pan and bake for 15 minutes After the timer goes off, stir the granola and then bake for another 15 minutes, stirring every 5 minutes or so.
- 6° Once finished baking, let the granola completely cool before adding the cranberries

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [94 g]	% DRI
ENERGY	376 kcal	352 kcal	18 %
FAT	10 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	90 mg	85 mg	4 %
CARBOHYDRATE	68 g	64 g	21 %
SUGARS	29 g	27 g	—
FIBER	7 g	7 g	27 %
PROTEIN	8 g	7 g	—