

# FOOD FOR LIFE RECIPE OF THE WEEK

PCRM Physicians Committee for Responsible Medicine

## RECIPE OF THE WEEK | Maple-Walnut Granola

This delicious granola is made without any added oil, which keeps it truly healthful and just as delicious.

Makes about 6 cups (12 1/2-cup servings)

### Ingredients

3 cups rolled oats  
1 cup wheat germ  
1/2 cup chopped walnuts  
1/2 cup raisins  
1/2 cup dried cranberries (optional)  
1/4 cup sesame seeds  
1/4 cup maple syrup  
2 tablespoons molasses  
1 teaspoon cinnamon

Preheat oven to 300°F.

Combine all ingredients in a large bowl and mix thoroughly.

Transfer to a 9"×13" baking dish. Bake, turning often with a spatula, until mixture is golden brown, about 25 minutes. Store in an airtight container.

Per serving: 210 calories; 7.4 g fat; 1 g saturated fat; 31.5% calories from fat; 0 mg cholesterol; 7 g protein; 31.6 g carbohydrates; 10.7 g sugar; 4.3 g fiber; 6 mg sodium; 38 mg calcium; 2.2 mg iron; 0.3 mg vitamin C; 8 mcg Beta Carotene; 1.6 mg vitamin E

Source: [Healthy Eating for Life for Children](#) by Amy Lanou, Ph.D.; recipe by Jennifer Raymond, M.S., R.D.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.