Pecan Granola

Nonstick cooking spray
3 cups old-fashioned oats
1 cup pecan halves or pieces
1/2 cup pure maple syrup
1/3 cup canola oil
1/2 teaspoon salt
1 teaspoon vanilla extract
3/4 cup raisins
3/4 cup dried cranberries

1. Preheat oven to 300°F. Lightly coat a large sheet pan with nonstick cooking spray.
2. In a large bowl, combine oats and nuts.
3. In a separate bowl whisk together maple syrup, canola oil, salt and vanilla.
4. Combine both mixtures, stirring well to coat.
5. Spread mixture onto baking sheet. Bake 40 to 50 minutes, stirring every 15 minutes with a large spatula to break large chunks and for even browning.
6. Remove from oven, stir in raisins and mix well. Allow granola to cool completely. Store in an airtight container in refrigerator.

Yield: 12 servings

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Servings per recipe: 12</td>
</tr>
<tr>
<td>Calories 258</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 13g</td>
</tr>
<tr>
<td>Saturated Fat 1mg</td>
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<tr>
<td>Monounsaturated 8g</td>
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<tr>
<td>Polyunsaturated 4g</td>
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<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 602mg</td>
</tr>
<tr>
<td>Carbohydrate 32g</td>
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<tr>
<td>Dietary Fiber 3g</td>
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<tr>
<td>Protein 4g</td>
</tr>
<tr>
<td>Vitamin A 1%</td>
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<tr>
<td>Calcium 3%</td>
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Barbara Brown, Food Specialist
Oklahoma Cooperative Extension Service

11/07