

Oil-free Granola

Prep	Cook	Total
10 min	20 min	30 min

Yield: 6

Serving: 6

Ingredients

1-2 cups **rolled oats** (*adjust amount of oats based on how coated you want them!*)

$\frac{1}{2}$ cup **chopped pecans** *shredded coconut, if nut allergy*

$\frac{1}{2}$ cup **pumpkin or sunflower seeds**

$\frac{1}{4}$ cup **maple syrup**

1 teaspoon **cinammon**

$\frac{1}{4}$ teaspoon **fine sea salt**

Directions

Preheat the oven to 350°F.

Line a large baking sheet with parchment paper or a silicone baking mat.

Mix all ingredients in a large bowl.

Transfer the mixture to the baking sheet and spread it out. Bake for 20 minutes, or until golden brown.

Allow the granola to cool on the pan completely before removing it. Store it in an airtight container until ready to eat.

