

Sweet & Crunchy Raisin Granola

Serves: 10

Ingredients

Canola oil spray	1/3 cup canola oil
3 cups old-fashioned rolled oats	1 tsp. vanilla extract
1/4 cup whole-wheat flour	1 cup raisins
1/2 tsp. cinnamon	
Pinch of salt	
1/2 cup pure maple syrup	

Directions:

- Preheat the oven to 300 degrees. Lightly coat a baking sheet with canola oil spray. Set aside.
- In a large bowl, combine the oats, flour, cinnamon and salt. In a separate bowl, whisk together the syrup, oil and vanilla extract. Add the liquid mixture to the oat mixture, stirring well until the oats are coated.
- Spread the mixture across the baking sheet. Bake for 30 minutes. Remove the tray from the oven and sprinkle the granola with the raisins. Using a large spatula, mix the raisins and granola well, breaking up any large pieces. Return it to the oven and continue baking for an additional 20 minutes.
- Allow the granola to cool completely. Store it in an airtight container in the refrigerator or freeze some for later use.

Makes 10 servings

Per Serving: 250 calories, 8 g total fat (<1 g saturated fat), 42 g carbohydrate, 5 g protein, 4 g dietary fiber, 35 mg sodium