

Low-Sugar Maple Pecan Granola

Prep: 30 min Cook: 50 min Total: 1 hr 20 min Servings: 14

Calories: 214 Fat: 17g Protein: 3g Carbs: 18g Fiber: 5g

Ingredients

- 3 cups old fashioned rolled oats
- 1/2 cup whole pecans
- 3/4 cup unsweetened shredded coconut
- 1/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 1/4 tsp fine sea salt
- 1/2 tsp cinnamon
- 1/2 cup BBF Virgin Coconut Oil, melted and cooled
- 1/3 cup hot water
- 1/2 cup BBF Allulose Sweetener Blend
- 1 tsp vanilla extract
- 2 tsp maple extract

Directions

1. Line a sheet pan with parchment paper and set oven to 350 degreesF. Place a baking rack in the center of the oven.
2. In a mixing bowl, add the rolled oats, pecans, coconut, sunflower seeds, salt, and cinnamon and stir to combine. Set aside.
3. In a spouted measuring cup, combine the hot water, allulose, vanilla extract and maple extract stir till dissolved.
4. Pour the wet ingredients into the dry. Using a wooden spoon or your hands, mix thoroughly, ensuring that each, individual dry ingredient gets some wet on it. Press the granola into the pan, in one even layer.
5. Place the pan in preheated oven and bake for 35 to 40 minutes. Check the granola; it should be golden and fragrant. Rotate the pan and bake for an additional 5-10 minutes if granola does not feel dry to the touch.
6. Remove from the oven. The granola will be golden, dry and soft to the touch. It will firm up as it cools. Allow the granola to cool completely in the pan before transferring to a storage container. Doing this will ensure crunchy clusters. If desired, toss in your favorite dried fruit such as chopped apricots, cherries, cranberries or raisins.

7. Store in a covered container, at room temperature, for up to three weeks. Granola can also be frozen for up to one month.
8. Enjoy your Low Sugar Maple Pecan Granola!