

# Maple-Pecan-Olive Oil Granola

This is a forgiving granola recipe that readily customizes to fit your taste, budget, or pantry. Maintain the ratio of oats to nuts and seeds (and dried fruits, if you're a dried-fruit person), and have at it. Store in an airtight container.

Recipe by [Valentin Alvarez](#) | Created on **Mar 12, 2022**

## Ingredients

- 6 cups rolled oats
- 2 cups pecan halves, broken into coarse pieces
- 1 cup slivered almonds
- ½ cup raw pumpkin seeds
- ½ cup raw unsalted sunflower seeds
- ½ cup maple syrup
- ½ cup olive oil
- 1 tablespoon vanilla extract
- 2 teaspoons kosher salt
- 1 ½ cups golden raisins

## Directions

- Position oven racks in the upper and lower thirds of the oven; preheat to 325 degrees F (165 degrees C). Line 2 baking sheets with parchment paper.
- Stir oats, pecans, almonds, pumpkin seeds, and sunflower seeds together in a large bowl. Add maple syrup, olive oil, vanilla extract, and salt; toss well to coat. Spread evenly between the 2 baking sheets.
- Bake in the preheated oven for 15 minutes, rotating the sheets top to bottom and front to back halfway through.
- Remove from the oven and immediately divide golden raisins between the two sheets, stirring them in well so the hot granola plumps the fruit. Cool thoroughly.

## Nutrition Facts

Serving: **8 cups granola** | Calories: **444.5 kcal** | Carbohydrates: **44.8 g** | Protein: **9.5 g** | Saturated fat: **3 g** | Sodium: **246.9 mg** | Fiber: **6.3 g** | Sugar: **16.5 g**

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