RecipesCh@-se

Los Angeles, 2010, Granola

Yield: 4 min Total Time: 60 min

Recipe from: https://www.recipeschoose.com/recipes/2010-southern-living-recipe-for-butter-pecan-cheesecake

Ingredients:

- 3 cups old-fashioned rolled oats
- 1 cup pumpkin seeds hulled
- 1 cup sunflower seeds hulled
- 1 cup coconut chips
- 1 1/2 cups pecans very coarsely chopped
- 3/4 cup pure maple syrup preferably Grade A
- 1/2 cup extra virgin olive oil
- 1/2 cup light brown sugar packed
- 1 1/2 teaspoons kosher salt

Nutrition:

Calories: 1490 calories
Carbohydrate: 127 grams

3. Fat: 104 grams4. Fiber: 17 grams5. Protein: 30 grams6. SaturatedFat: 12 grams

7. Sodium: 920 milligrams

8. Sugar: 67 grams

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