

Banana Bread Granola – oil free**INGREDIENTS**

5 cups rolled oats
1 cup chopped walnuts
1½ tsp. cinnamon
3 bananas
¼ cup almond butter or tahini
½ cup maple syrup

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Combine dry ingredients into a large mixing bowl and set aside.
3. Mash bananas in a separate bowl until smooth. Stir in the nut butter and syrup and beat until everything is well combined.
4. Pour the wet ingredients into the dry ingredients and stir well.
5. Separate the mixture onto 2 baking sheets and bake for 30-35 minutes until granola begins to brown. (Stir every 10 minutes to ensure even cooking).

NUTRITION FACTS 24 servings

Calories: 133

Total Carbohydrate: 18 g

Fat: 5 g

Protein: 3 g