

Banana Granola - Vegan

Prep Time: 5 minutes
Cook Time: 40 minutes
Total Time: 45 minutes

Serving Size: 8
Calories per serving: 278
Fat per serving: 8 grams

Ingredients

- 2 bananas
- 1/4 cup walnuts, crushed
- 1/4 cup almonds, sliced
- 1 teaspoon vanilla extract
- 1/2 cup maple syrup
- 1/4 cup water
- 4 cups rolled oats
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Instructions

1. Preheat oven to 300°F. Spread a parchment paper on a baking sheet and set aside.
2. Combine maple syrup, water, vanilla extract, and bananas in a food processor until mixture is creamy.
3. Puree the mixture, the almonds and walnuts to the mixing bowl with the rolled oats, and mix it.
4. Spread the mixture on the prepared baking sheet.
5. Bake for 40-45 minutes. Cool before serving or storing.

Notes

Nutrition facts (per serving): Calories: 278, from fat: 66, total fat: 8g, cholesterol: 0mg, sodium: 34mg, total carbohydrate: 48g, fiber: 6g, sugar: 11g, protein: 6g.