



Maple-Cinnamon Granola

INGREDIENTS:

9 cups	rolled oats
1 1/2 cups	dark brown sugar
1/2 cup	ground flax seed
1 1/2 cups	sugar-free Maple Syrup
1 1/2 Tablespoons	cinnamon

PREPARATION:

- Preheat oven to 350 degrees
- Mix all ingredients together in a large bowl and toss until coated
- Lightly spray oil a cookie sheet (with sides) and spread the mixture thinly over the pan
- Bake 5 minutes, remove from oven, stir and bake 5 minutes more
- Repeat the stirring and baking process until granola is evenly browned
- Let cool to finish crisping
- Freeze in a tightly covered container

Serving Size: 1/4 cup

Calories: 130

Fat grams: 1

