



Easiest Granola

Ingredients

- 1/2 cup neutral oil, such as avocado
- 1/2 cup honey or maple syrup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 cups old-fashioned rolled oats

Instructions

- Heat the oven to 300°F and line a rimmed baking sheet with parchment paper.
- Place the oil, honey, cinnamon, and salt in a large bowl and whisk to combine.
- Add the oats and stir to coat.
- Transfer the mixture to the prepared baking sheet and spread into an even layer.
- Bake, stirring halfway through, for about 20 minutes total. The granola is ready when golden-brown — it will still feel wet coming out of the oven but will dry as it cools.
- Remove from the oven. If you want clumps of granola, press and tamp down the granola before it cools, which will help it stick together. Cool completely before storing.
- Transfer the cooled granola to an airtight container for long-term storage at room temperature.

NUTRITION PER SERVING (BASED ON 1/3 CUP):
CALORIES: 170 | CARBOHYDRATES: 22G | PROTEIN: 2G |
FAT: 9G | FIBER: 2G

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