

Quick Stovetop Granola

This quick and delicious treat will keep you moving through the cold winter months!

Ingredients

- 1 tbsp (15mL) canola oil
- 2 cups (500 mL) old fashioned oats (do not use quick or instant)
- 1/3 cup (75mL) sweetened flaked coconut
- 1/3 cup (75 mL) chopped pecans
- 1/4 cup (50 mL) honey, agave nectar, or maple pancake syrup
- 2 tbsp (30mL) brown sugar
- 1/2 tsp (2 mL) ground cinnamon
- 1/3 cup (75 mL) dried cherries



pampered|chef.

Instructions

1. Heat the oil in the [12" \(30-cm\) Executive Skillet](#) over medium heat for 3-5 minutes. Add the oats, pecans, and coconut; cook and stir for 4-6 minutes, or until the oats are golden brown. Move the mixture to a [Large Sheet Pan](#).
2. Add the honey, brown sugar, and cinnamon to the skillet; cook and stir for 1 minute, or until the mixture is bubbling and thickened.
3. Return the oat mixture to the skillet; cook for 1 minute, or until coated. Turn off the heat.
4. Stir in the cherries. Transfer the mixture to a sheet pan and let it cool for 5-10 minutes, stirring occasionally. Store the granola in a large resealable plastic bag or a [Leakproof Glass Container](#).

Yields 14 servings of 1/4 cup/50 mL

U.S. Nutrients per serving (about 1 cup/250 mL):

Calories 100, Total Fat 3.5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 5 mg, Carbohydrate 18 g, Fiber 5 g, Protein 2 g

Cook's Tips:

Serve it as a breakfast cereal, snack, or topping for yogurt or fresh fruit. Or, try a "smoothie breakfast bowl," a fruit-packed smoothie topped with granola!

Change the flavor of your granola!

Try using coconut oil, olive oil, or butter in place of canola oil.

Instead of pecans, use almonds, cashews, walnuts, pepitas, or sunflower seeds.

Dried cherries can be swapped for your favorite dried fruit like raisins or cranberries.