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Granola from scratch

This homemade granola recipe is such an easy, healthy breakfast to have on hand. It comes together with rolled oats, almonds, dried cranberries, and a little maple syrup. Top your favorite breakfast smoothies, smoothie bowls, or chia seed pudding with this healthy granola. We're so excited to be sharing this easy homemade granola recipe with you today. It's perfectly sweetened with maple syrup, crunchy, and so easy to make! Granola is an essential item for those of us that are crunch people. I love topping smoothies, oatmeal recipes, and chia seed pudding with a big scoop of granola for a bit of crunch. There are so many reasons beyond the crunch of why we love homemade granola. Packed with fiber: rolled oats are high fiber and this recipe is made with a base of old fashioned oats.Meal Prep: this homemade granola recipe will last for 1-2 weeks stored in a cool, dark place.Whole Grains: because granola is made with the base of rolled oatmeal, you're going to get a serving of whole grains.Better than Store Bought: we might be biased, but homemade granola is for sure better than store-bought. It's better for you and it tastes better too.All-Natural Sweetener: this recipe calls for maple syrup and no white sugar. You can use honey or maple syrup in this recipe, making it sweetened with just natural sugars. This healthy granola recipe is how we like our granola- basic. It is also a simple guide for you to make homemade granola just the way you like it. Our granola recipe is composed of 6 different parts, which you'll see below. rolled oatsdried cranberries (dried fruit)almonds and pepitas (nuts and seeds)maple syrup (all-natural sweetener)coconut oilground cinnamon (spices + extracts) What we love about this granola recipe is that you can use it as a base and deviate from it by swapping out other ingredients. How to Make Granola (Quick Guide) Preheat: preheat oven to 350°F and line a baking sheet with parchment paper.Combine Ingredients: add rolled oats, almonds, and pepitas to the baking sheet and toss.Toss with Oil and Maple: drizzle with coconut oil and maple syrup and season with cinnamon. Toss to combine.Bake & Toss: bake at 350°F for 20-25 minutes, tossing every 10 minutes.Add Dried Fruit: once the granola is golden brown, remove it from the oven and add dried cranberries. Toss and let cool for 15 minutes. Keep an eye on your granola! This granola recipe can go from almost cooked to brunt very quickly. So, make sure to toss every 10 minutes and once you hit 20 minutes, watch it like a hawk. Let your granola recipe cool completely on the baking sheet. Then, transfer it into an airtight container such as a glass container or gallon size bag. Remove as much air as possible and store in a cool, dark place for up to 2 weeks. Homemade Granola Ingredient Swaps Old fashioned oats are the most common grain used for granola. They toast wonderfully and have a delicious nutty flavor. Below you'll find some other swaps. Quinoa flakesCooked quinoaCoconut Flakes We used dried cranberries in this healthy granola recipe. Dried fruit should be added after baking (or with a few minutes left) so that it doesn't burn or harden. Here are some other tasty dried fruit options. Dried ApricotsDried CherriesDried DatesDried BanansBanana ChipsDried MangosDried Apples Add a little protein and fiber to any granola recipe by adding nuts and seeds. Chop them up or leave them whole. We like to use 1/2 cup of each. AlmondsWalnutsCashewsPistachiosPecansSesame SeedsSunflower SeedsMacadamia Nuts As you guys know we are all about natural sweeteners (think honey or maple syrup) because the flavor is better and it's better for you. We used maple in this recipe to keep it vegan, but check out some other options below. Maple SyrupHoneyAgave SyrupMonk Fruit syrup Oil is important in any healthy granola recipe because it helps bind the granola together as well as crisp it up. There are so many options when it comes to oil so feel free to substitute your favorite. Coconut OilOlive OilGrapeseed OilAvocado OilMacadamia nut oilWalnut Oil Flavor up your granola by adding your favorite dried spices and extracts. We kept it simple and just added cinnamon to this granola, but you could spice things up by using a couple of teaspoons of our DIY Chai Spices, too. GingerAllspiceNutmegCardamomSea saltalmond extractvanilla extract Why is granola so bad for you? Store-bought granola is considered unhealthy because it's made with so much sugar. Homemade granola typically calls for less sugar and fat. How do you make homemade granola? To make homemade granola mix together all ingredients and then transfer it onto a baking sheet. Bake at 350°F for 20-25 minutes, stirring every 10 minutes until golden brown. Is it cheaper to make homemade granola? Granola is made from a base of rolled oats, nuts, dried fruit, oil, and a sweetener such as maple syrup which are all inexpensive to buy on their own, making homemade granola cheaper than store-bought. How long will homemade granola last? homemade granola will last 1-2 weeks if stored in an airtight container in a cool, dark place. Favorite Store-Bought Granola Not into making your own homemade granola? It's ok, we love trying new packaged granola, too! We do have our favorites, so when you're not feeling like whipping up a batch of our your own granola, try one of these: 2 cups rolled oats (gluten-free if desired) 1/2 cup whole, raw almonds 1/2 cup pepitas 1 teaspoon ground cinnamon 3 tablespoons maple syrup 2 tablespoons melted coconut oil 1/2 cup dried cranberries (craisins) Preheat the oven to 350°F and spray a baking sheet with nonstick cooking spray or line it with a piece of parchment paper. Next, add rolled oats, almonds, and pepitas to the baking sheet and toss. Then, season with cinnamon and drizzle with maple syrup and melted coconut oil. Toss everything together making sure all ingredients are combined and evenly coated with maple syrup and coconut oil. Spread the granola out on the baking sheet so that it's an even thickness. Bake your granola recipe at 350°F for 20-25 minutes, stirring every 10 minutes. Make sure to keep a close eye on your granola because it can burn easily. Bake until golden brown. Remove granola from the oven and then add dried cranberries and toss. Let cool for at least 15 minutes before eating or storing. Store in an airtight container in a cool, dark place for up to 2 weeks. The serving is about 1/4 cup. Serving Size: 1/8 Calories: 231 Sugar: 6 Sodium: 27 Fat: 13 Carbohydrates: 23 Fiber: 5 Protein: 6 Author: Lee FunkeCategory: SnackMethod: OvenCuisine: AmericanDiet: Vegan This homemade Butter Pecan Granola recipe is the only granola recipe you need! Perfectly sweet, crunchy and full of so much flavor. This small batch of granola bakes in just 30 minutes and tastes so good! Your breakfast just got a whole lot easier and tastier too. Today I'm bringing you an incredibly delicious small batch butter pecan granola recipe and I'm sure you're going to love it. Buttery and nutty, this granola is perfect to enjoy with yogurt or in a bowl of milk. It's so easy to make, I don't think you'll ever go back to store bought granola again. Why This Recipe Works Homemade granola has to be one of the easiest breakfast recipes to make. Purchasing boxed granola can be such a waste of money because making it yourself is just so easy. The thing I love most about making granola from scratch is that you can use up items in your pantry to create any kind you like. You will likely find the same ingredients in all granola recipes. Ingredients such as oats, nuts, a sweetener, butter or oil, and sometimes salt. These along with the few delicious ingredients we're adding to our butter pecan granola recipe makes this one stand out! RELATED: Easy Single Serving Comfort Food Recipes Ingredients Ingredient Notes Oats: I use old-fashioned rolled oats in my granola recipes. If you'd like to make a gluten free granola, be sure to use gluten free oats. I do not recommend using quick oats.Nuts: Feel free to switch up the nuts you use in your version. Consider using cashews, pumpkin seeds, or walnuts.Coconut: I use unsweetened shredded coconut, you may sweetened instead if preferred.Butter: Salted butter is what I prefer using, you may use coconut oil instead. See recipe box below for ingredient amounts and full recipe instructions. How To Make This Recipe In a small saucepan, melt butter over medium heat. Remove from the heat and stir in the maple syrup and vanilla.Add the oats, coconut, nuts, brown sugar and cinnamon to a large bowl. Pour in the liquid ingredients and stir until the oats and nuts are completely coated. Spread the granola out on a rimmed baking sheet. Bake the granola for 30 minutes, stirring every 10 minutes to achieve an even color. Expert Tips Think of this recipe as a guideline for a basic granola and customize it as you'd like. As long as you keep the ratios the same, it's fine to substitute just about any nuts and dried fruits. Customize your granola to include seeds, dried fruit, chocolate chips and spices such as cinnamon and nutmeg.If you like big clusters of nuts and oats, press the oats mixture into little 1-inch ovals for the first 10 minutes of baking.Be sure to let the granola cool before eating or transferring into a jar. As the granola cools, the crispier it gets.If you're adding dried fruit to your granola, add it at the end. You don't want to run the risk of burning your dried fruit in the oven. Stir it in after the granola cools. Frequently Asked Questions How should I store granola? Store in an airtight container at room temperature for up to a week. Enjoy as a snack, with yogurt, or eat it like cereal with a bit of milk. Is homemade granola cheaper? Making your own homemade granola is definitely cheaper than store-bought granola. Can I use quick oats in this granola recipe? No, we don't recommend it. The oats will get mushy when mixed with the liquid ingredients. We recommend using old fashioned rolled oats. Ways To Use Leftover Ingredients If you have any ingredients left over from this small batch granola recipe, you might like to consider using them in any of these single serving and small batch recipes: Oats: Baked Apples, DoubleTree Cookies, Half Batch Cowboy CookiesCoconut: Coconut Cream Pie, Coconut Macaroons, Mocha Oatmeal BowlNuts: Microwave Fudge, Apple Cinnamon Scones, BrowniesBrown Sugar: Apple Muffin, Mini Spice Cake, Bananas FosterMaple syrup: Maple Walnut Muffin, Breakfast Bread Pudding, Sweet Potato PieVanilla: Baked Oatmeal, Butterscotch Pudding, Tiramisu Looking For Our "Full Batch" Granola Recipe? This butter pecan granola recipe is one of our oldest recipes. It first appeared on our earliest website, ZagLeft and has always been extremely popular with readers. Since One Dish Kitchen is a single serving and small batch recipe site, we tweaked the ingredients, retested the recipe, and came up with a small batch granola recipe. Those ingredients can be found in the recipe box below. If you would like to make the large batch granola version, use the following ingredient amounts. Bake the granola as directed in the recipe. Ingredients2 ½ cups old-fashioned rolled oats1 cup shredded coconut¼ cup almonds, chopped½ cup pecans, chopped¼ cup brown sugar1 teaspoon ground cinnamon¼ cup butter½ cup maple syrup¼ teaspoon salt1 teaspoon vanilla extract Other Granola Recipes Pumpkin Spice GranolaApple Pie GranolaGingerbread Granola We now have a COOKING FOR ONE Facebook group. Join us to share your favorite single serving recipes and find new ones too. We'd love to see you there! Click HERE to join the community! If you've tried this granola or any recipe on One Dish Kitchen please let me know how you liked it by rating the recipe and telling me about it in the comment section below. Also, if you take a picture please tag us on Instagram (@onedishkitchen) we'd love to see! Print Recipe Rate Recipe Pin Recipe Servings: 4 servings Calories: 388kcal Author: Joanie Zisk Preheat oven to 300 degrees F (150 degrees C).In a large bowl, combine the oats, coconut, almonds, pecans, brown sugar and cinnamon.In a small pot on a medium heat, melt the butter. Stir in the maple syrup.Remove from the heat and stir in the vanilla.Pour the butter/syrup mixture over the oats/nuts mixture and stir until well blended.Pour onto a rimmed sheet pan.Cook for 30 minutes, stirring every 10 minutes to achieve an even color.Remove from oven, cool and transfer to a large bowl. Expert Tips Think of this recipe as a guideline for a basic granola and customize it as you'd like. As long as you keep the ratios the same, it's fine to substitute just about any nuts and dried fruits. Customize your granola to include seeds, dried fruit, chocolate chips and spices such as cinnamon and nutmeg.If you like big clusters of nuts and oats, press the oats mixture into little 1-inch ovals for the first 10 minutes of baking. Be sure to let the granola cool before eating or transferring into a jar. As the granola cools, the crispier it gets. If you're adding dried fruit to your granola, add it at the end. You don't want to run the risk of burning your dried fruit in the oven. Stir it in after the granola cools. Serving: 1 serving | Calories: 388kcal | Carbohydrates: 34g | Protein: 9g | Fat: 32g | Saturated Fat: 11g | Cholesterol: 23mg | Sodium: 81mg | Potassium: 318mg | Fiber: 6g | Sugar: 13g | Vitamin A: 262IU | Calcium: 90mg | Iron: 2mg The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. Sign Up for the weekly One Dish Kitchen Newsletter! 2 tsp vegetable oil25ml maple syrup2 tsp vanilla extract300g rolled oats50g sunflower seed4 tsp sesame seed50g pumpkin seeds100g flaked almond100g dried berries (find them in the baking aisle)50g coconut flakes or desiccated coconutSTEP 1Heat oven to 150C/fan 130C/gas 2. Mix the oil, maple syrup, honey and vanilla in a large bowl. Tip in all the remaining ingredients, except the dried fruit and coconut, and mix well.STEP 2Tip the granola onto two baking sheets and spread evenly. Bake for 15 mins, then mix in the coconut and dried fruit, and bake for 10-15 mins more. Remove and scrape onto a flat tray to cool. Serve with cold milk or yogurt. The granola can be stored in an airtight container for up to a month. This 7-ingredient healthy homemade granola recipe is an easy, comforting, and delicious treat. Most store-bought granola is high in sugar, contains unhealthy saturated fats and oils, and is packed full of fillers and unnecessary ingredients. Fortunately for you and me, this granola isn't full of the yucky stuff. Whipping up this healthy homemade granola recipe is super quick. It allows you to control the amount of sugar and quality of ingredients while also changing things up and adding in the flavors you love. Healthy homemade granola also makes your house smell amazing—like you've been slaving in the kitchen all day! But don't worry: you can make this from start to finish in 25 minutes or less. Is it cheaper to make your own granola? It's cheaper to make your own granola if you choose to make it more than once. It may be slightly costly to buy all of the ingredients in bulk, but homemade granola is very affordable in the long-run. How do you make homemade granola from scratch? Keep reading below to find out my favorite recipe for the most perfect granola. This healthy granola recipe was one of the first recipes I've ever posted on this blog. Since then, it's been downloaded hundreds of thousands of times with rave reviews. This recipe is still a staple in my house after all these years! Ingredients for Healthy Homemade Granola What is granola made of? Granola is typically made from rolled oats (some may use a variation of old-fashioned oats or muesli) combined with other ingredients like nuts, seeds, dried fruits, or even sweet treats like dark chocolate chips. Homemade granola is baked until a perfect golden brown and can be eaten as is (yum) or sweetened lightly with brown sugar, maple syrup, or honey. Is granola bad for you? Granola is a wonderful alternative to most breakfast foods and snacks loaded with unhealthy carbohydrates, saturated fats, and sugars. Anything can become unhealthy when eaten without moderation, but overall, granola is the perfect healthy alternative. What is the healthiest granola? Always low sugar and high in nutrients. I always prefer homemade over store-bought whenever possible because you can control the ingredients and adjust based on your nutritional needs. You just need 7 simple ingredients to make healthy homemade granola, and you may already have them all in your pantry. Whole Rolled Oats Whole oats are full of good-for-you fiber, protein, and vitamins and minerals like folate, iron, and magnesium. I buy my whole rolled oats in the bulk section at my local grocery store, but if your store doesn't have a bulk section, you'll probably be able to find them in the baking aisle. Regardless, be sure you are buying 100% pure whole rolled oats. Avoid anything that says "instant" or "quick-cooking." (Instant/quick-cooking oats = processed/higher-glycemic/more-bad-for-you.) Oats are gluten-free by nature, but most are held in facilities that contain gluten. Check the package label for a "certified gluten-free" badge if you're allergic or sensitive to gluten. Coconut Oil (Or Any Healthy Oil) I like to use coconut oil because it adds a really lovely light flavor to the granola, but you can use any healthy oil that you prefer. The small amount of oil we use here helps pull healthy homemade granola, but you can barely taste it. Other options: Macadamia nut oil would also be great because it has a slightly buttery flavor, and I've even used extra virgin olive oil, and it still turned out fantastic. Coconut oil, macadamia nut oil, or extra virgin olive oil may be my first choices. Avocado oil probably has too strong of a flavor, but you could try it in a pinch. Oils to avoid: Oils high in omega-3 fats, such as flaxseed oil, are great for your health but should be avoided here. They're meant to be consumed raw and go rancid when heated (omega-3's don't like heat at all—don't cook with them). I typically avoid using canola oil because it contains a high amount of omega-6's associated with inflammation. Nuts, Seeds, Always avoid white, highly processed sugars and artificial sweeteners. Read the maple syrup and honey labels and make sure the only ingredients in the bottle are maple syrup (no corn syrup) or honey. Vanilla & Sea Salt Don't skip the vanilla extra and salt! Vanilla extract adds a gourmet flavor, and salt brings out every ingredient's flavor and makes the sweetener taste even sweeter. I use Real Salt brand sea salt for purity and its more delicate texture that melts into recipes like this. You can find it at just about any grocery store these days. Kosher salt would work, too, but it's a bit more coarse, so you really have to work it into the mixture with your hands. Tips for Making the Best Granola Keep it 50/50 Whether it is your first time making granola or not, my #1 tip for making the perfect healthy granola is keeping the recipe 50/50. The granola should be about half sweetened and half oil. While I typically suggest keeping the sweet minimal, there are many healthier options to sweeten your homemade granola. How to Make Crunchy & Clumpy Granola Making crunchier, clumpy granola requires no extra ingredients—just a couple of additional steps. Make sure to press the ingredients into an even layer before baking. Stir the granola once halfway through baking. To achieve extra crunch to your granola, press on the granola before it fully cools to room temperature, and then avoid bumping it until it fully cools. How to Know When Your Granola is Done Knowing when your granola is done is one of the trickier parts of this recipe. Once you know, you'll get the hang of it to ensure perfect, toasty granola. I typically bake my homemade granola on low heat because it allows the dish to dry out without overdoing it. Pro tip: your granola will dry as it cools, so don't worry if it doesn't fully dry in the oven. Nuts and seeds can be added during the baking process, but always add your dried fruit after baking (they will burn if baked). How to Store and Serve Homemade Granola Storing granola is similar to storing dried oatmeal. Because this recipe is homemade, you can keep it in an airtight container for up to 2 weeks. I personally prefer to store my homemade granola in a mason jar in my refrigerator or in a BPA-free plastic bag when I'm traveling or on the go. Variations on Basic Granola Get creative with your granola! This recipe is flexible and super easy to modify. Use any combo of healthy ingredients to make it your own flavor and consistency (crunchy, crispy, toasted, chunky, etc.). Some of the most popular types of pan-baked granola recipes include: Plain granola Maple almond granola Cherry pecan granola Orange and almond granola Triple coconut granola Cranberry orange granola Cinnamon raisin granola Coconut spiced granola Here are a few ideas to get you started: Healthy Homemade Maple Almond Granola Recipe 2 cups raw, whole rolled oats ½ cup sliced raw almonds ¼ cup raw sunflower seeds 2 tsp maple syrup (100% real maple syrup) 1 tsp raw honey 2 tsp virgin coconut oil ¼ tsp vanilla extract 1 large pinch fine sea salt Healthy Homemade Cherry Pecan Granola 2 cups raw, whole rolled oats ½ cup raw pecans, chopped ½ cup unsweetened dried cherries, chopped ¼ cup raw sliced almond ¼ cup raw sunflower seeds 2 tsp maple syrup (100% maple syrup, preferably grade-b) 2 tsp virgin coconut oil ¼ tsp vanilla extract 1 large pinch fine sea salt How to Eat Granola: 6 Tasty Options Granola is best known as a healthy breakfast or for snacking, but there are so many ways to eat it. You can use it as a killer healthy snack, on your favorite yogurt, or mixed into a new muffin recipe. The options for granola are truly endless. Try these new ways to mix up your granola game: Plain: Try eating your homemade granola plain as a crunchy snack. Cereal: You can eat your homemade granola with milk as a healthy cereal alternative. Yogurt: Granola makes the perfect topping for a quick yogurt snack. Add some fresh (or dried) fruit, nuts, seeds, and you have a yogurt parfait. Acai Bowl: I love adding my homemade granola to an acai bowl. It gives the perfect toasted crunch and provides an excellent source of fiber. Add some peanut butter, coconut flakes, nuts, seeds, and fresh fruit for a protein-packed snack. Baked Goods: Have you ever tried adding granola to your favorite muffin recipe? Spoiler alert: It is incredible. Granola Bars: Almost all store-bought granola bars are packed with high sugar content and fillers. I love using my homemade granola to create homemade granola bars. The Healthiest Homemade Granola Recipe This super delicious, healthy granola recipe below is the perfect combination of oats, oils, nuts, seeds, dried fruit, and sweetness. It makes about three cups of homemade granola. Half a cup is typically a single serving. You can always double batch the recipe for extra granola goodness. Serving Suggestions: Serve it as cereal with unsweetened, non-dairy milk (I prefer it with unsweetened almond milk), or milk if you tolerate dairy Put it on top of unsweetened Greek yogurt or make a granola & yogurt parfait Use it as the "stuffing" in baked apples, and you'll have a new favorite dessert Enjoy it plain as a snack (homemade granola travels well in little bags) Be sure to check out the flavor variations under the recipe card, too! Print click icon cutlery icon flag icon folder icon instagram icon pinterest icon facebook icon print icon squares icon This healthy homemade granola recipe has been a go-to favorite of mine and others for over 8 years! It's super simple, healthy, and absolutely delicious. If you love this recipe, give it a star rating in the comments below to help other readers in our community. Scale 2-3 tablespoons real maple syrup or honey 2 tablespoons virgin coconut oil (or other healthy cooking oil) ½ teaspoon vanilla extract 1 large pinch of fine sea salt (about 1/8 teaspoon; I use Real Salt) 2 cups whole rolled oats (aka old fashioned oats, preferably organic) ¼ cup raw nuts, chopped (or slivered almonds; you don't need to chop them) ¼ cup raw pumpkin seeds 2 tablespoons raw sunflower seeds ½ cup unsweetened dried fruit, chopped (optional; I like unsweetened dried cranberries) Preheat the oven to 300° F (177° C). Combine the oil and maple syrup (or honey), vanilla extract, and salt in the bottom of a large bowl (mixing bowl is best) and give it a quick stir. The coconut oil might be solid depending on your climate (it has a melting point of about 75°F), and that's ok! A rough mix to incorporate the vanilla into the coconut oil and sweetener is all you need to do here. Add the rest of the dry ingredients, use your clean hands to mix well, and toss it to coat. It will be sticky and messy, but that's the fun part. Your hands will warm the oil and melt it into the mixture if it's solid; just be sure to mix it all through the other ingredients, so there aren't any chunks of oil left. Spread the mixture in a thin layer on a rimmed baking sheet or sheet pan lined with parchment paper and bake for 10-12 minutes until very lightly toasted. (To make this recipe completely raw-friendly, dehydrate the mixture 5-6 hours at 115°F in a food dehydrator instead.) Cool 10-15 minutes before serving or storing. Homemade granola will taste like burnt popcorn if you overcook it; keep it at a low temperature just for 10-12 minutes to let it come together. I usually pull mine out at 10 minutes. Oats are gluten-free by nature, but most are held in facilities that contain gluten. Check the package label and buy certified gluten-free oats if you are concerned with any gluten content. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks. I keep mine in a mason jar in the refrigerator at home and in a BPA-free plastic bag when traveling. More Delicious Breakfast On-the-Go Recipes:

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