

# Slow Cooker Pumpkin Spice Granola

## Oshkosh Community YMCA

Try out this healthy fall granola recipe! Add it to any low-fat yogurt for a healthy snack!

### **INGREDIENTS:**

- 4 cups old-fashioned rolled oats
- 1 cup raw pecans
- 1/3 cup pepitas (pumpkin seeds)
- 8 medjool dates (finely chopped)
- 1/2 cup maple syrup
- 1/2 cup pure pumpkin puree
- 1/4 cup coconut or olive oil
- 1 teaspoon vanilla extract
- 3 tablespoons brown sugar
- 1–1/2 teaspoon pumpkin pie spice (or 1 tsp. cinnamon, 1/4 tsp. ginger, 1/4 tsp. cloves)
- 1/2 teaspoon salt

Optional:

- Toss with 1/2 cup dried fruit of choice; raisins cranberries, etc.

### **INSTRUCTIONS:**

1. Spray the bottom and sides of a 5-quart slow cooker with cooking spray. Spread the oats, pecans and pepitas in the slow cooker; stir to combine
2. In a large glass measuring cup, add the finely chopped dates, maple syrup, pumpkin puree, coconut or olive oil, vanilla, brown sugar, spices, and salt. Microwave on High about 1:30 seconds to 2 minutes, just enough to warm and combine the liquids. Whisk together and pour over the dry ingredients in the



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Recipe Source <https://www.31daily.com/slow-cooker-pumpkin-spice-granola/#recipe>

slow cooker. Stir to combine until all of the ingredients are evenly moistened.

3. Cover the slow cooker, leaving the lid slightly askew so the steam can escape. This will yield a crispier granola. Cook on HIGH for 2 to 2-1/2 hours, or until the pecans are toasted. Stir halfway through and remember to leave the lid askew.
4. Spread the granola on a baking to cool completely. It will continue to crisp as it cools.

## **Nutrition**

**Serving:** 1/2

cup | **Calories:** 266kcal | **Carbohydrates:** 45g | **Protein:** 5g | **Fat:** 9g | **Saturated Fat:** 1g | **Polyunsaturated Fat:** 3g | **Monounsaturated Fat:** 4g | **Trans**

**Fat:** 0.001g | **Sodium:** 101mg | **Potassium:** 314mg | **Fiber:** 5g | **Sugar** : 23g | **Vitamin A:** 1618IU | **Vitamin**

**C:** 1mg | **Calcium:** 51mg | **Iron:** 2mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.