



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Carrot Cake Banana Bread Granola

Serving size: ¼ cup granola

Ingredients:

- 3 cups rolled oats
- 1 cup walnuts, halved (can substitute some or all with pecans, slivered almonds, etc)
- 1 cup finely shredded carrots
- 1 medium ripe banana, mashed (~1/2 cup)
- 2 TBSP chia seeds
- ½ cup avocado or canola oil
- 1/3 cup pure maple syrup
- 3 TBSP honey
- 2 tsp vanilla extract
- 2 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp sea salt



Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix dry ingredients: oats, carrots, nuts, chia seeds, cinnamon, salt
3. In a small saucepan, warm avocado oil, maple syrup, honey, and banana puree until well combined and even consistency. Then, pour over dry ingredients and mix well.
4. Spread granola mixture evenly onto 2 baking sheets, and bake for 30-40 minutes.
5. *Check on mixture and mix with a spatula every 10-15 minutes to help prevent granola from cooking unevenly or burning.*

Nutrition Tips:

1. Avocado oil and chia seeds are an excellent source of heart-healthy omega-3 fatty acids. Avocado oil has a very bland flavor profile, similar to canola oil. Chia seeds provide a seed-like texture and are an excellent source fiber (10 grams per 2 TBSP), and minerals such as iron, calcium, magnesium, and zinc..
2. Add ¼ cup of this granola to 1 cup plain Greek yogurt for a well-balanced snack.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.