

Protein Granola



Discover one of my go-to recipes: homemade granola! Easy to make, it has become a staple in my kitchen. Forget store-bought versions—this recipe uses simple, healthy, and nutritious ingredients for the perfect blend to enjoy every day.

This granola is ideal as a topping for your yogurt or smoothie or even as cereal with milk and fruit!

Preparation 5 min
Cooking 30 min
Servings 10
Nutrition Facts (per serving)
Calories 220
Fat 8
Carbohydrates 27
Fibre 6
Protein 10
Sodium 65

Ingredients

- 625 ml (2 ½ cups) of rolled oats*
- 180 ml (¾ cup) of textured vegetable protein (TVP)

- 2.5 ml (½ tsp) of ground cardamom (optional)
- A pinch of salt
- 80 ml (⅓ cup) of liquid egg whites
- 60 ml (¼ cup) of natural peanut butter
- 30 ml (2 tbsp) of maple syrup
- 7.5 ml (½ tbsp) of vanilla extract
- 45 ml (3 tbsp) of chopped nuts, your choice
- 45 ml (3 tbsp) of raisins or dried cranberries

Preparation

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large bowl, mix the oats, TVP, chia seeds, spices, and salt. Add the liquid ingredients and mix well.
3. Spread the mixture evenly on the baking sheet in a thin layer.
4. Bake for 30 minutes, stirring halfway through, and again after 25 minutes to ensure even baking.
5. Remove from the oven and let cool slightly.
6. Add the chopped nuts and dried fruit, mix gently, and let cool completely before transferring to an airtight container for storage.

Notes

Keeps for up to 2 weeks in an airtight container at room temperature.

*You can use quick-cooking oats or large rolled oats for this recipe.



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