

Breakfast

10 SERVINGS PREP TIME: 10 MINUTES COOKING: 30 MINUTES

Pecan Granola

This homemade Pecan Granola is a versatile and kidney-friendly option, perfect for breakfast or as a nutritious snack.

INGREDIENTS

- 3 cups rolled oats
- 1 cup pecans, chopped
- ½ cup pumpkin seeds
- ¼ cup chia seeds
- ⅓ cup ground flax seeds
- 1 tsp ground cinnamon
- ⅓ cup maple syrup
- ½ cup unsweetened applesauce
- 1 tsp vanilla extract

PREPARATION

1. Preheat the oven to 150°C (300°F). Line a large baking sheet with parchment paper.
2. In a large bowl, combine the rolled oats, pecans, all the seeds, and cinnamon. Stir to mix well.
3. In a small bowl, whisk together the maple syrup, applesauce, and vanilla extract. Pour this wet mixture over the dry ingredients, and mix thoroughly with a spatula until everything is well coated.
4. Spread the mixture evenly on the prepared baking sheet. Bake in the centre of the oven for 30 minutes, stirring halfway through the cooking time.
5. Allow the granola to cool completely before transferring it to an airtight container for storage.

SERVING SUGGESTIONS: For a perfect breakfast, add fresh berries and a non-dairy beverage. As a nutritious snack, enjoy a half portion (¼ cup) of granola with fruit compote.

STORAGE: This granola can be stored for three months in an airtight container at room temperature.

NOTES

- Pumpkin seeds provide magnesium, which supports kidney, muscle, bone, and cardiovascular health.
- Whole grains, flax seeds, chia seeds, and the option of hemp seeds add fibre, plant proteins, and omega-3s.
- Unsweetened applesauce helps lower added sugar, while moderate maple syrup keeps sweetness at 10 g sugar per serving.
- The recipe is very low in sodium (5 mg per serving), classifying it as “sodium free.”
- Easy to prepare in bulk, this granola supports weekly meal planning and helps reduce reliance on ultra-processed foods.
- Find more info about reducing sugar in the first edition of *Love Your Kidneys*.

NUTRITION FACTS PER SERVING: ½ cup / Calories: 300 / Fat: 16 g / Carbohydrate: 33 g / Fibre: 6 g / Sugars: 10 g / Protein: 8 g / Sodium: 5 mg