



HAPPY HOLIDAYS!

TO:

FROM:

Maple-Nut Granola

ACTIVE TIME: 10 minutes | TOTAL: 1 hour 40 minutes

TO MAKE AHEAD: Store in an airtight container for up to 2 weeks.

1. Preheat oven to 275°F.
2. Combine 5 cups old-fashioned rolled oats, 1 cup unsweetened coconut chips *or* flakes, ½ cup sliced almonds, ½ cup chopped pecans, ½ cup light brown sugar, ⅓ cup unsalted pumpkin seeds and ⅓ cup unsalted sunflower seeds in a large bowl. Combine ½ cup maple syrup, ½ cup water and ¼ cup canola oil in a medium bowl and pour over the oat mixture; stir until well combined. Spread the mixture into a large (12-by-15-inch) roasting pan or large rimmed baking sheet
3. Bake for 45 minutes. Remove from the oven, stir, and continue baking until golden brown and beginning to crisp, about 45 minutes more. Stir in ½ cup dried cranberries and ½ cup raisins. Let cool completely before storing.

MAKES 10 CUPS.

PER ½-CUP SERVING: 255 calories; 12 g fat (3 g sat, 4 g mono);
0 mg cholesterol; 32 g carbohydrate; 6 g protein; 4 g fiber;
15 mg sodium; 92 mg potassium.