

# Maple-Nut Granola

We love the maple-nut flavor combination of this heart-healthy granola, but feel free to substitute your favorite nuts or dried fruit for your own custom blend.

**10 cups** | **Active Time:** 10 minutes | **Total Time:** 1 hour 40 minutes

## Ingredients

- 5 cups old-fashioned rolled oats
- 1 cup unsweetened coconut chips, (see Ingredient Note) or flakes
- 1/2 cup sliced almonds
- 1/2 cup coarsely chopped pecans
- 1/2 cup light brown sugar (*some comments suggest omitting brown sugar – maple syrup is sweet enough*)
- 1/3 cup unsalted pumpkin seeds
- 1/3 cup unsalted sunflower seeds
- 1/2 cup pure maple syrup
- 1/2 cup water
- 1/4 cup canola oil
- 1/2 cup dried cranberries
- 1/2 cup raisins



## Preparation

1. Preheat oven to 275°F.
2. Combine oats, coconut, almonds, pecans, brown sugar, pumpkin seeds and sunflower seeds in a large bowl. Combine syrup, water and oil in a medium bowl or large measuring cup 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 cranberries and raisins. Let cool completely before storing.

## Nutrition

**Per 1/2-cup serving** :255 Calories; 12 g Fat; 3 g Sat; 4 g Mono; 0 mg Cholesterol; 32 g Carbohydrates; 6 g Protein; 4 g Fiber; 15 mg Sodium; 92 mg Potassium

## Tips & Notes

- **Make Ahead Tip:** Store in an airtight container for up to 2 weeks.
- **Ingredient note:** Large thin flakes of dried coconut called coconut chips make attractive garnishes. Find them in the produce section of large supermarkets or at [melissas.com](http://melissas.com).