


THRIVE 5 GRANOLA

EAST VILLAGE PLACE

 A WATERMARK COMMUNITY

1/3 cup maple syrup
1/3 cup packed light brown sugar
4 tsp vanilla extract
1/2 tsp salt
1/2 cup vegetable oil
5 cups old-fashioned rolled oats
(do not use quick oats)

1 cup coarsely chopped raw almonds
1 cup coarsely chopped cashews
1 cup unsweetened coconut flakes
1/3 cup each of chopped, dried cranberries, cherries, blueberries, raspberries and apricots

Preheat oven to 325 degrees. Line baking sheet with parchment paper. Whisk maple syrup, brown sugar, vanilla and salt in large bowl. Whisk in oil. Fold in oats, almonds, cashews and coconut until thoroughly coated. Transfer oat mixture to prepared baking sheet and spread across sheet into thin, even layer (about 3/8 inch thick). Using a metal spatula, compress oat mixture until very compact. Bake 40 to 45 minutes until lightly browned, rotating pan once halfway through baking. Remove granola from oven and cool on wire rack to room temperature, about 1 hour. Break cooled granola into pieces of desired size. Stir in dried fruit. Makes 10 cups. Granola can be stored in airtight container for up to 4 weeks.

