

Earthbound Farm's Famous Maple Almond Granola



"If you never make homemade granola, you'll be surprised by how simple and easy it is," Myra says. "Especially my delicious Maple Almond Granola, which has just 7 ingredients and is ready to go into the oven in only a few minutes."

Kids of any age can help measure the ingredients, pour them all into a big bowl, and mix them up either with a big wooden spoon or their hands, and then help spread it out onto a baking sheet. The granola bakes for about 45 minutes, until it's golden brown (and your house smells of maple and cinnamon!), and then you stir in the raisins while the granola is still warm.

This granola is a great way to get kids to eat some of the healthiest foods around: whole oats (heart-healthy fiber), almonds (protein, calcium, fiber, magnesium, phosphorus, and vitamin E), and sunflower seeds (protein, fiber, vitamin E, iron, and many other healthy minerals).

"This recipe was one of the first I ever developed, and it's been a best seller at our Farm Stand in Carmel Valley for over a decade," Myra continues. "It's delicious served with milk, but my family's favorite way to eat it is over plain nonfat yogurt mixed with apple sauce (about a 1-to-1 ratio of apple sauce to yogurt). The apple sauce gives the yogurt a fluffier texture and sweetens it naturally, without any of the sugar, corn syrup, or artificial flavors many pre-sweetened yogurts use. If berries are in season, we often throw a handful on top. It's yummy for breakfast or for a snack any time of day, and a handful is always a welcome treat!"

ingredients

4-1/2 cups (18 ounces) old-fashioned rolled oats (not instant)
3/4 cup (3 ounces) raw sunflower seeds
1-1/2 cups coarsely chopped raw almonds
2 tablespoons ground cinnamon
1-1/4 cups pure maple syrup, preferably Grade A dark amber (*Gretchen reduces it to 1 cup*)
1/3 cup canola oil (*Gretchen uses coconut oil*)
1 cup Earthbound Farm Organic raisins

directions

Position a rack in the center of the oven and preheat to 325 degrees F.

Place the oats, sunflower seeds, almonds, and cinnamon in a large bowl and stir to combine. Add the maple syrup and oil, and stir until all the dry ingredients are moistened.

Spread the granola on a 17 x 12 x 1-inch rimmed baking sheet. Bake until the granola begins to brown, about 25 minutes. Stir the granola with a flat spatula and continue to cook until it's light golden brown, dry,

and fragrant, about 15 to 20 minutes more. Stir the granola at least once more, and watch it carefully during the final minutes because it can burn quickly.

Place the baking sheet on a cooling rack. Add the raisins and stir to combine, then allow the granola to cool completely. Transfer the granola to an airtight container and store at room temperature for up to 1 month, or in the freezer for up to 3 months.

<http://www.ebfarm.com/recipes/recipeview.aspx?rID=692>