

LET'S COOK!

HOMEMADE GRANOLA



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Servings: 10 (about 5 cups) Ready in: 20 minutes

2 tbsp	canola oil
1/3 cup	brown sugar, packed
1/3 cup	maple syrup
3 cups	large flake rolled oats
1/4 cup	unsweetened coconut
1/4 cup	sunflower seeds
1/2 cup	pumpkin seeds
1 tsp	cinnamon
1/2 cup	dried cranberries

NUTRITION TIPS

To increase the fibre in this recipe, use:

- Any nuts and/or seeds you prefer, such as walnuts, pecans, or almonds

INSTRUCTIONS:

1. Preheat oven to 325°F/165°C.
2. In large saucepan, combine oil, brown sugar and maple syrup and bring to a simmer over medium heat.
3. In a bowl, combine oats, coconut, sunflower seeds, pumpkin seeds and cinnamon. Stir together until mixed.
4. Pour oat mixture into the saucepan and stir until everything is well coated.
5. Spread the granola onto a large cookie sheet lined with parchment paper or foil.
6. Bake for 10 minutes. Turn and stir the granola and bake for another 10 minutes or until the granola is golden brown. Let cool and then break up granola.
7. Add dried cranberries to the granola and stir.

TIPS: You can replace the dried cranberries with any dried fruit, such as raisins, apricots or dates.

Cool granola completely before storing. Granola can be stored in an airtight container for up to three weeks.

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