

Maple Crunch Granola

Vegetarian & Gluten-Free

The Daily Basil Blog
16 servings

Prep Time 10 min
Cook Time 30 minutes

Instructions

1 You can use whole nuts, but the granola is better if you use halved or chopped nuts. If necessary, chop the nuts. Also, chop the apricots and prunes and remove any pits, if you find them.

2 Mix all the dry ingredients together, including the dried fruits. Add the oil to a measuring cup, then the maple syrup, then the vanilla flavour. Mix the liquid into the dry.

3 Line a rectangular baking pan with parchment paper. Press the granola mixture into the pan. Bake at 350 F for 25 to 30 minutes. Stir the mixture half-way through the baking time.

5 Bring out of the oven and let sit for 10 minutes. Remove the parchment paper with the granola and place on a flat surface. Using your hands break the granola into pieces of the size you want. Let the granola cool completely.

6 Store in an airtight container in the fridge for 2 weeks or freeze.

Watch the video on how to make [Maple Granola](#).

Ingredients

30 g, 4 dried apricots
30 g, 3 dried prunes
60 g, 1/3 cup raisins
45 g, 1/3 cup almonds
60 g, 1/2 cup pumpkin seeds
150 g, 1/2 cup sunflower seeds
60 g, 1/3 cup walnuts
350 g, 4 cups oat flakes
5 mL, 1 tsp. cinnamon
5 mL, 1 tsp. salt

160 g, 1/2 cup sunflower oil
160 g, 1/2 cup maple syrup
5 mL, 1 tsp. vanilla flavour

Note: You can increase or decrease the amount of nuts, seeds and dried fruits.

Tip: If you add the oil to a measuring cup first then add the maple syrup, the maple syrup will not stick to the sides, and it will be easier to pour the mixture out.

Cooking
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