SPRING HARBOR GRANOLA

INGREDIENTS

- 8 lb Old fashioned rolled oats
- 2 lb Dry roasted cashews (unsalted)
- 2 lb Almonds (sliced)
- 2 lb Pecans (chopped)
- 4 lb Cranberries (dried, sweetened)
- 4 lb Maple syrup
- 2 lb Golden brown sugar
- 1 1/2 lb Vegetable oil
- 4 lb Dried apricots

INSTRUCTIONS

1. In a double boiler, mix brown sugar, maple syrup, and oil to melt sugar.
2. Toast almonds in oven until light brown.
3. In a large bowl, toss all dry ingredients together and mix to combine.
5. Spread mixture on lined sheet pans.

Try combining this recipe with the Stephens Memorial Hospital Greek Yogurt & Fruit Parfait - YUM!

NUTRITION

- Calories: 170
- Sodium: 0 mg
- Trans Fat: 0 g
- % Calories from Saturated Fat: 5%

Number of Servings: 315 (42 g per serving)

Recipe courtesy of Spring Harbor Hospital