

Homemade Maple Almond Apricot Granola

Making homemade granola is not hard to do and tastes even better than store-bought. This granola is chock full of fiber from the oats, healthy fats from the nuts and seeds, and just the right amount of sweetness from the maple syrup and dried fruit. Enjoy it over yogurt or topped with your go-to milk of choice.

Prep time: 5 minutes

Cook time: 25 minutes

Total time: 30 minutes

Makes 8 cups

Ingredients

- 4 cups old-fashioned rolled oats
- 1 cup raw whole almonds
- ½ cup raw sunflower seeds
- ¾ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup avocado oil or extra virgin olive oil
- ½ cup maple syrup
- 1 teaspoon vanilla extract
- 1 cup chopped dried apricots
- ¼ cup raisins or dried cranberries

Instructions

1. Preheat oven to 350 degrees Fahrenheit. Line a rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, almonds, sunflower seeds, salt and cinnamon and stir until well-mixed.
3. Add in the oil, maple syrup, and vanilla extract and mix well until oats and nut mixture is fully coated. Spread the mixture out evenly onto the lined baking sheet.
4. Bake until lightly golden, about 21 to 25 minutes, stirring halfway through. Set a timer to prevent burning.
5. Let the granola cool completely at least 20-30 minutes then top with dried apricots and raisins or dried cranberries. The granola will continue to crisp up as it cools.
6. Break the granola into smaller pieces with your hands. Store in an airtight container at room temperature for 2 weeks or in the freezer in a sealed freezer bag for up to 3 months.

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