

# 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.
4. Mix in liquid ingredients.
5. Spread mixture on lined sheet pans.
6. Bake at 350°F with low fan.

*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*