

## Big-Batch Seed and Nut Granola

This health-packed granola would be great on top of your favorite yogurt or simply served with milk.

Makes 20 servings

- *Preparation time: 10 minutes / Cooking time: 30 minutes*
- *Preheat oven to 275°F (140°C)*
- *2 baking sheets*

½ cup	pure maple syrup	125 ml
2 tbsp	vegetable oil	25 ml
2 tbsp	liquid honey	25 ml
1 tsp	vanilla	5 ml
2 ¾ cups	quick cooking rolled oats	675 ml
½ cup	sunflower seeds	125 ml
½ cup	pumpkin	125 ml
½ cup	sliced almonds	125 ml
¼ cup	sesame seeds	50 ml
2 tbsp	ground flaxseed	25 ml
¾ cup	dried fruit (raisins, blueberries, cranberries or cherries)	175 ml
¾ cup	unsweetened flaked coconut	175 ml

1. In a large bowl, combine maple syrup, oil, honey and vanilla. Add oats, sunflower seeds, pumpkin seeds, almonds, sesame seeds and flaxseed. Mix well. Spread mixture evenly on baking sheets.
2. Bake in a preheated oven for 15 minutes. Add dried fruit and coconut; mix well. Bake for 15 minutes or until lightly browned. Let cool on a clean baking sheet before storing.

### Nutrients Per Serving

Calories: 193	Carbohydrate: 22.6 g	Calcium: 34 mg
Fat: 10.3 g	Fiber: 3.2 g	Iron: 1.9 mg
Sodium: 6 mg	Protein: 5.0 g	

**Very high in:** Magnesium    **High in:** Zinc  
**A source of:** Dietary fiber

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