

Ranch Granola:

3 cups walnut halves*
2 cups steel-cut oats*
1 cup pecan halves*
1 cup almond – chopped*
3/4 cup sunflower seeds*
1 cup unsweetened shredded coconut*
2 tsp. cinnamon*
1 tsp. nutmeg*
4 large egg whites
1 cup pure maple syrup*
1/2 cup dried blueberries*
1/2 cup dried apricots, chopped*
1/2 cup pitted dried dates, chopped*

1. Preheat oven to 250 degrees. Brush a rimmed baking sheet with oil.
2. In a medium bowl whisk the egg whites and maple syrup together gently to keep foam to a minimum.
3. In a large bowl mix all the nuts, oats and spices together well. Pour the egg white mixture over the nuts and mix well to coat all surfaces.
4. Transfer mixture to the prepared pan and spread out so the edges are slightly higher to prevent sticking.
5. Bake granola mixture 25 minutes then use a rubber spatula to carefully stir the mixture. Return to oven and cook another 25 minutes. Using the rubber spatula stir again and return to the oven for another 25-30 minutes till golden brown.
6. Let cool on a wire rack, Transfer to a large container and add the dried fruits and mix well.
7. Granola can be stored in an airtight container for up to 2 weeks.

Prep time: 15 minutes

Cook time: 1 hour 20 minutes

Yield: About 10 cups

Nutritional info. per 1/2 cup:

Calories 365, Fat 23g, Saturated fat 5g, Cholesterol 6 g, Fiber 6g, Protein 8g, Carb. 34g, Sodium 16mg, Iron 2mg, Calcium 61mg

Items with a star behind them are available at the Countryside Co-op.