



Easy Maple Almond Granola

- 1/4 cup apple juice
- 1/4 cup maple syrup
- 1 tablespoon vegetable oil
- 2 teaspoons ground cinnamon
- 4 cups rolled oats or old-fashioned oatmeal
- 1 1/2 cups Almond Accents® Honey Roasted Flavored Sliced Almonds
- 3/4 cup dried blueberries
- 3/4 cup dried cranberries

Heat oven to 350°F. In large bowl, whisk together apple juice, maple syrup, oil and cinnamon. Add oats and mix until evenly coated. Spread onto a 12- by 15-inch baking pan in an even layer. Bake for 25 to 30 minutes, stirring twice during baking time. Cool; stir in Almond Accents, blueberries and cranberries. Store in airtight container. Serve with milk, fat-free yogurt or fresh fruit such as bananas and strawberries.

Makes about 6 cups

Nutrition Information Per Serving (3/4 cup): 411 calories; 15 g fat; 2 mg cholesterol; 245 mg sodium; 57 g carbohydrate; 7 g fiber; 10 g protein



Preparation Time : 10
minutes

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