



**BRAIN
HEALTHY
COOKING**
program

Snack

Crunchy Granola with Fruit & Nuts



Ingredients

- 5 ½ CUPS traditional rolled oats (not instant)
- 1 TSP ground cinnamon
- 1 TSP ground ginger
- ½ TSP sea salt
- ¾ CUP light brown sugar
- ¾ CUP applesauce
- ¼ CUP honey
- 1 ½ CUP almonds, chopped
- ¾ CUP dried cranberries
- ¾ CUP dried apricots, chopped

Serves 8

Directions

1. **Preheat** the oven to 325°F
2. **Line** a large baking sheet with parchment paper
3. In a large bowl, **mix** together the oats, cinnamon, ginger and salt
4. In a medium bowl, **whisk** together the brown sugar, applesauce, and honey until thoroughly combined
5. **Add** the wet ingredients to the dry ingredients, along with the chopped almonds
6. **Mix** well, until all of the oats are moistened
7. **Spread** on prepared baking sheet in an even layer
8. **Bake** for 30 minutes, then remove the baking sheet from the oven and turn the granola over very carefully using a wide spatula
9. **Return** to the oven and bake for an additional 10-15 minutes, or until crisp and golden
10. **Cool** completely on the baking sheet
11. **Break up** the granola into chunks and stir into the dried fruit
12. **Store** in an airtight container for up to two weeks

