**Low-Fat Cranberry-Apple-Almond Granola (RG EDITS)**

*Recipe Rating: 10.* ***175°F convection (no-stir) [orig:* 225°F *OR* 200°F convection]**

***Makes about 12 cups (49.4 oz, 1400g) [or doubled, 3 3/4 pounds] without coconut***. This is so delicious you'll never miss all the

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| oils usually included in commercial granolas!  **CAN SCALE UP TO USE 6 PANS IN CONVECTION OVEN**  ***Note: One recipe just fits in a Tupper oval #5 container (12 1/4 cups).***  ***A double recipe can be mixed in an 8-quart bowl.***   |  |  | | --- | --- | | 1. **EQUIPMENT.** | ***2 or 4 (15 1/2- by 10 1/2- by 1-inch) half-sheet pans, lined with parchment paper*** A ~~plastic pancake turne~~r ***An 8-quart bowl or pot to mix the granola*** | |  |

2. **PREHEAT OVEN** to **175°F convection**. Place the racks on the second and fourth levels from the bottom, or all levels.

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|  | **12 cups**  **(2 pans)** | **21 1/2 cups**  **(4 pans) 3 3/4 lbs** | **Ingredients** |
| 3. **DRY INGREDIENTS.** In an 8-quart (or larger) bowl or pot, stir the oats and almonds to mix. | ***7 cups***  ***1 lb 10 oz, 1.63 lb,***  ***26.1 oz, 739g)*** | ***14 cups***  ***3 lb 4 oz, 3.26 lb***  ***52.1 oz, 1478 g*** | ***rolled oats (not instant oats), preferably the thicker type available in health food stores (large “can” Quaker Old-Fashioned Oats = 42 oz)*** |
| ***1 cup***  ***5 oz, 142 g*** | ***2 cups***  ***10 oz, 284 g*** | ***Sliced or slivered almonds*** |

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| 4. **LIQUIDS.** Combine the almond and vanilla extracts with the apple juice.  Add to the oat mixture and toss well. | ***1 (12-ounce) can***  ***14.8 oz, 420 g*** | ***2 (12-ounce) cans***  ***29.6 oz, 840 g*** | ***frozen apple juice concentrate, thawed (try cranberry juice concentrate??)*** |
| ***3/4 teaspoon*** | ***1 1/2 teaspoons*** | ***almond extract*** |
| ***1/2 teaspoon*** | ***1 teaspoon*** | ***vanilla extract*** |

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| 5. In a food processor, combine sugar and cinnamon. Process until lump free.  Add to oat mixture. Toss to com­bine well. | ***3/4 cup***  ***5.8 oz, 165 g*** | ***1 1/2 cups***  ***11.6 oz, 330 g*** | ***packed light brown sugar*** |
| ***1 tablespoon*** | ***2 tablespoons*** | ***Penzey’s Vietnamese cassia cinnamon*** |

6. **DIVIDE** the mixture between the two or four ***parchment-lined*** ***pans*** **(4 3/4 cups, 725 g per pan, granola mix only)**.

**CONVECTION-BAKE** at **175°F** for **2–2 1/2 hours**, switching pans (top to bottom) without stirring every 60 min.

**OR BAKE** at **225°F** for **1 1/2–2 1/2 hours**, stirring and switching pans (top to bottom) and breaking up big clumps **every 30 minutes**.

7. Turn oven **OFF** and let granola dry out for **1 hour longer**, stirring and switching pans again **after 30 minutes**. **NOTE**: If you prefer your granola less crunchy, let it soak in milk a few minutes before you eat it. If it is not perfectly dry, it will mold during storage.

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| 8. **OPTIONAL**. Stir in coconut **10 minutes** after turning oven off. (I omit the coconut.) | ***2 cups (optional)***  *[I don’t use]* | ***4 cups (optional)***  *[I don’t use]* | ***unsweetened shredded coconut (available at natural foods and spe­cialty stores)*** |

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| 9. **COOL.** Remove from the oven; cool.  Add the cranberries or cherries and raisins to the granola and toss to combine evenly. | ***1 cup***  ***4.2 oz, 120 g*** | ***2 cups***  ***8.4 oz, 240 g*** | ***dried cranberries or dried sour cherries*** |
| ***1 1/2 cups***  ***7.7 oz, 218 g*** | ***3 cups***  ***15.4 oz, 436 g*** | ***7.5 oz (212g) golden raisins***  ***7.5 oz (212g) dark raisins*** |

*8 cups baked = 1115 g; 7 1/2 cups (6 Chinese takeout boxes) = 1045 g.*

10. **STORE** in an airtight container at room temperature. (Can be made several weeks ahead or frozen.)

11. **MENU SUGGESTIONS.** This granola is good on ice cream and yogurt.

12. **FOODSAVER:** 2 lbs granola in gallon Ziploc bag. Insert thickly folded 2” strip waxed paper in zipper. Use 3.5 sections wide bag material.

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Original Recipe: Separate file “Cereal, Cold - Granola, Cranberry-Apple-Almond.doc”

RG note - If using Bob’s Red Mill oats, must use 200°F for convection baking – otherwise oats do NOT dry enough

[**MC**](file:///E:\Program%20Files\MasterCook%207\1%20Recipes%20Collection\Breakfasts,%20Brunch.mc2)  *1 1/4 cups per Chinese takeout container X 100 guests = 125 cups, 31.25 qts (12 recipes)*

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6. **DIVIDE** the mixture between the two or four ***parchment-lined*** ***pans*** **(4 3/4 cups, 725 g per pan, granola mix only)**.

**CONVECTION-BAKE** at **175°F** (was 200°F) for **2–2 1/2 hours**, switching pans **YES?** (top to bottom) without stirring (was every 45 min).

**OR BAKE** at **225°F** for **1 1/2–2 1/2 hours**, stirring and switching pans (top to bottom) and breaking up big clumps **every 30 minutes**.

7. Turn oven **OFF** and let granola dry out for **1 hour longer**, stirring and switching pans again **after 30 minutes**. **NOTE**: If you prefer your granola less crunchy, let it soak in milk a few minutes before you eat it. If it is not perfectly dry, it will mold during storage.

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Original Recipe: 2 cups old-fashioned oats, 1 cup slivered almonds, 1/3 cup thawed frozen apple juice concentrate, 2 tablespoons packed brown sugar, 1 tablespoon ground cinnamon, 1 cup unsweetened shredded coconut, 1/2 cup dried sour cherries or raisins, 1/2 cup golden raisins. Combine as above. Bake at 300°F for 25 minutes. Add coconut and bake until golden, about 15 minutes. Cool. Add cherries and raisins. Store in an airtight container at room temperature. *(Can be made 1 week ahead.) In an airtight container, without the coconut, it will keep for 2 months or longer — RDY*

[[1]](#footnote-1) *(Do not delete this line; it contains the source information below – this line will not print)*

1. ***1/2 cup (0.3 oz, 58g) (5/4-234-5) = 4.3 pts.***

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   Source: Adapted from a recipe by the Wickwood Country Inn, ***Bon Appétit***, January 1993, p. 89; <http://www.epicurious.com/recipes/recipe_views/views/108238>

   Originated: December 21, 1992 Revised: 8/21/06, 5/11/09, 9/9/09 Printed: November 15, 2023 - 2:28 PM

   Key Words: WW Chris do ahead easy room temperature freezes vegetarian low calorie fat gift breakfast brunch grain cereal

   Served: 1/93:sample+recipe:Rick G;2/8/93:mailed JJ;10/93:JJ;11/93:JJ,9/94:JJ,John Zehmer;7/95:recipe Jennifer Emerson (JJ's friend),3/98:JJ&JC, 12/01:recipeMartha Lang, 11/18/02:Everetts;8/06:recipe RickG;8/06: Jen/Chris wedding favors (7 double recipes);1/07-move to house;8/30/07: 2X (To DNV) ; 5/09-1X Chris Bthdy, 9/09 [↑](#footnote-ref-1)