

# 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 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 turner  
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.

3. **DRY INGREDIENTS.** In an 8-quart (or larger) bowl or pot, stir the oats and almonds to mix.

12 cups (2 pans)	21 1/2 cups (4 pans) 3 3/4 lbs	Ingredients
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	<u>Sliced or slivered almonds</u>

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

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.

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.

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

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**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.

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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

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