

Long's Maple Syrup

100% Pure Canadian

SWIMMER'S MAPLE GRANOLA

Original recipe by Mary Pearson, perfected by her daughter Shannon, and dedicated to the swimmer in the family, granddaughter Stella who enjoys it before those early morning training sessions.

INGREDIENTS

- 4 cups Quick Cooking Oats
- 1 cup Shredded Coconut
- $\frac{3}{4}$ cup Chopped Almonds, Pecans and/or Cashews
- $\frac{1}{2}$ cup Roasted or Plain Sunflower Seeds
- $\frac{1}{3}$ cup Packed Brown Sugar
- $\frac{1}{4}$ cup Long's Dark Maple Syrup
- $\frac{1}{4}$ cup Vegetable Oil
- 2 Tbsp Honey
- 2 Tbsp Cinnamon

INSTRUCTIONS

1. Preheat the oven 350°F.
2. In a large bowl mix all DRY ingredients together with a wooden spoon.
3. In a small bowl mix Long's Dark Maple Syrup together with vegetable oil and honey, then add to dry ingredients.
4. Mix together well.
5. Spread granola evenly on a large baking sheet (you may need to bake 2 batches).
6. Bake @ 350°F for 25-30mins. Mix granola up halfway through for even baking.
7. Remove from oven when granola is golden brown.