

Maple Nut Granola

Recipe By *Brynie Greisman*



Cooking and Prep:  1 h

Serves:  10

Contains:    

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,

Low Fat

Source: Family Table by

Mishpacha Magazine

This crunchy granola may be eaten as a cereal (with milk); a snack; or as a

topping for fruit, yogurt (frozen too), or ice cream. It's low fat, full of fiber; and

just plain delicious. You can freeze it too.

Ingredients (9)

Main ingredients

- 1/2–3/4 cup brown sugar (or 6 tablespoons–1/2 cup **Gefen Honey**)
- 1/2 cup maple syrup (you can use lite)
- 2 egg whites or 1/3 cup **Haddar Egg Whites** OR 1 extra large egg
- 1 tablespoon **Gefen Vanilla Extract**
- 1 and 1/2 teaspoon maple extract
- 1 and 1/4–1 and 1/2 teaspoons allspice ("pilpul angli" in Israel)

- 3 cups old-fashioned oats
 - 1 cup walnuts or sliced almonds
 - 1/2 cup bran and 6 tablespoons wheat germ, optional
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Start Cooking

Make the Granola

1. Preheat oven to 325 degrees Fahrenheit (175 degrees Celsius).
2. Boil the brown sugar with the maple syrup. (You can do this in a microwave, but watch that it doesn't boil over.) Cool.
3. Add egg whites or egg. Add the extracts, allspice, oats, nuts, bran, and wheat germ.
4. Spread onto a cookie sheet. Bake 35 minutes. Mix, then bake another 25 minutes. Cool. (Depending on your oven, you might have to increase or decrease the baking time, so keep checking the granola throughout.)

Note:

Don't confuse allspice with mixed spice. Allspice is the ground pimento berry. It smells like a blend of cloves, cinnamon, and nutmeg. Mixed spice is actually a mixture of some or all of these: cinnamon, coriander, cloves, allspice, ginger, and nutmeg.

Tip:

If you can't find maple extract in your grocery, you can usually find it in baking supply stores or specialty shops.