



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Vanilla Almond Granola

Makes ~ 3 cups (12 servings)

Ingredients:

2 cups old fashioned rolled oats
½ cup sliced almonds
4 TBSP oil (coconut oil or butter, melted)
½ cup maple syrup
2 TBSP brown sugar
2 tsp vanilla
2 tsp ground cinnamon
¼ tsp salt
Optional: 1-2 TBSP ground flaxseed, chia seeds, shredded carrots



Directions:

1. Preheat oven to 325 degrees F. Line pan with parchment paper or baking sheet.
2. In a large bowl, toss oats, almonds, brown sugar, cinnamon, and salt. Set aside.
3. In a small bowl, mix the wet ingredients: melted oil, maple syrup, and vanilla. Whisk until combined.
4. Pour wet mixture over dry mixture. Toss to coat everything.
5. Spread granola mixture out across entire pan. Bake for 30-40 minutes or until slightly browned, turning the granola every 10 minutes so it does not burn.
6. Remove from oven and let cool.

Nutrition Tips:

1. Oats are a whole grain and an excellent source of soluble fiber. In fact, oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily.
2. Looking to sneak more vegetables into your day? Try shredding 1-2 TBSP carrots and adding them to this baked granola. Carrots have a natural sweetness which pairs nicely with the vanilla and cinnamon flavors.
3. Add ¼ cup of this granola to 1 cup plain Greek yogurt for a well-balanced snack.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.