



Maple-Coconut Granola with Yogurt and Mango

3 cups (9 oz./280 g) rolled oats

2 cups (10 oz./315 g) coarsely chopped almonds, pecans or walnuts

1 cup (4 oz./125 g) shredded dried coconut flakes

1 cup (4 oz./125 g) hulled, unsalted raw sunflower seeds

1/2 cup (3 1/2 oz./105 g) firmly packed light brown sugar

1/2 cup (5 1/2 oz./170 g) pure maple syrup, preferably Grade B

1/3 cup (3 fl. oz./80 ml) vegetable oil

1 tsp. ground cinnamon

1 1/2 cups (9 oz./280 g) raisins

For each serving:

1/2 cup (2 1/2 oz./75 g) Maple-Coconut Granola

1/2 cup (4 oz./125 g) plain Greek yogurt

1/2 cup (3 oz./90 g) peeled, pitted and diced ripe mango

Honey for drizzling

Preheat an oven to 300°F (150°C). Lightly oil a deep roasting pan.

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Add the oats, almonds, coconut and sunflower seeds to the prepared pan. Mix well. In a bowl, whisk together the brown sugar, maple syrup, oil and cinnamon until the sugar dissolves. Pour over the oat mixture and mix well with your hands until the mixture is thoroughly moistened.

Bake, stirring every 10 minutes and being sure to move the granola from the edges of the pan into the center, until it is noticeably crisper, 45 to 55 minutes. Remove from the oven and let cool completely in the pan, Stir in the raisins. (The granola can be stored at room temperature in an airtight container for up to 1 month.)

For each serving, combine the granola, yogurt and mango cubes in a bowl. Drizzle with honey and serve immediately. Makes 10 cups.

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