

Organic Maple Nut Gourmet Granola

Country of Origin: Canada from imported ingredients

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (45 g) / par 1/3 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 13 g	20 %
Saturated / saturés 1.5 g + Trans / trans 0 g	9 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 22 g	7 %
Fibre / Fibres 4 g	18 %
Sugars / Sucres 5 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergen Information:

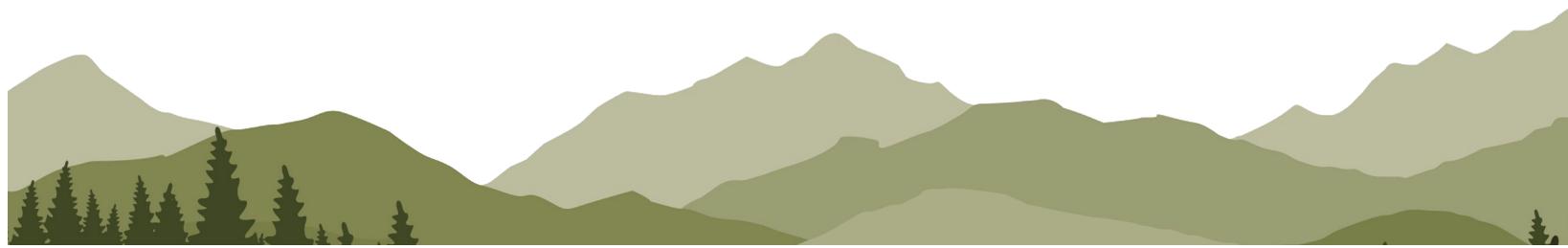
This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Factoid:

Although often affiliated with the hippie health food movement of the 1960s, granola—originally made from a baked and crumbled mixture of graham flour and whole grains—was first created by Dr. John Harvey Kellogg in the 1870s. The food was first called granula, but was changed to 'granola' after Kellogg was sued by Dr. James Caleb Jackson, who had already created a graham flour mixture called granula. In the granola we know today, to diversify the nutritional value and flavour of granola, various seeds, fruits, nuts, syrups, puffed grains, and spices are commonly added.

Ingredients:

Organic rolled oats, organic maple syrup, organic walnuts, organic Thompson raisins, organic sunflower oil, organic cashews, organic pumpkin seeds, organic sunflower seeds, organic almonds, organic pecans, organic vanilla, organic cinnamon and organic cardamom



Recipe:

Granola Squares

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Ingredients:

1 tsp ground cinnamon

2 1/2 C crushed pineapple in juice, drained

1 can peach halves, drained and finely chopped

1/2 C firmly packed, light-brown sugar

1/2 C light corn syrup

1/2 C chunky peanut butter

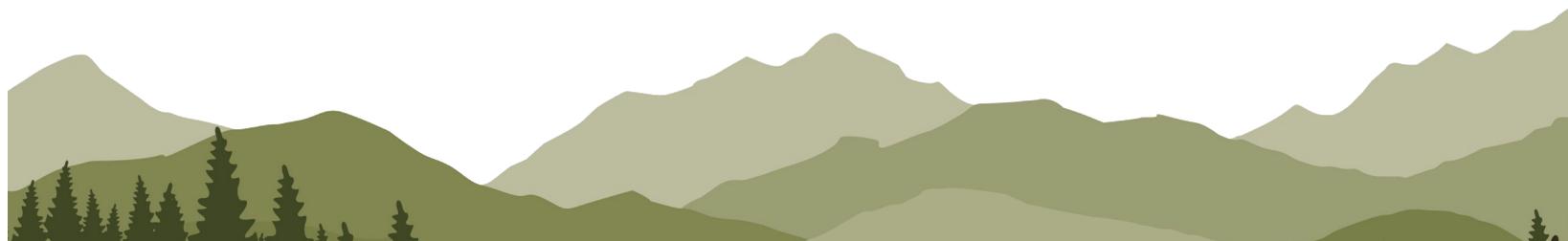
1 tsp vanilla extract

20 licorice strings

3 C gourmet maple nut granola

Instructions:

1. Mix rice cereal, whole-grain cereal, oats and cinnamon in mixing bowl until well combined; set aside.
2. Place pineapple and peaches between several layers of paper towels and blot to absorb excess moisture; set aside.
3. Heat brown sugar and corn syrup in a saucepan over medium-high heat until boiling. Remove from heat and mix in peanut butter until melted. Stir in vanilla. Pour mixture over cereal mixture and mix until thoroughly combined. Mix in drained and blotted fruit. Pack into a 9 x 13-inch glass baking dish and set aside until firm, about 20 minutes.
4. Cut into 60 squares.



Farmer:

Left Coast Naturals

Left Coast Naturals is an organic food manufacturer and distributor based in Burnaby, BC, distributing nearly 30 brands, 200 bulk foods, and two brands of their own - Hippie Snacks and Left Coast Organics. Left Coast Naturals believes food grown and made right can make a difference, taking care to source ingredients from farmers and partners who support organic agriculture, a healthy planet, and healthy communities. They are the first distributor in North America with an official Non-GMO Policy for all of their products. As a certified B Corporation, Left Coast Naturals strives to use business as a force for good in society.