



# HOMEMADE GRANOLA

*YIELD 370 GRAMS*

*PREP TIME - 10 MINUTES*

*BAKE TIME - 30 MINUTES*

## Ingredients

3 cups (180g) rolled oats  
1/4 cup (40g) raw sunflower seeds  
1/2 cup (70g) raw almonds, cashews or hazelnuts  
1/2 tsp ground cinnamon  
1/4 tsp salt  
3 tbsp maple syrup  
2 tbsp coconut oil  
1 tbsp water  
1/2 dried cranberries or mixed dried fruit

## Directions

Preheat oven to 325 F. In a bowl measure out the rolled oats, sunflower seeds, nuts and cinnamon. Stir to combine. Set aside.

In a small pot on medium heat, heat the coconut oil until liquid. Add the maple syrup, water and salt. Whisk to combine and remove from heat.

Pour the liquid ingredients over the dry ingredients. Stir until the oats and seeds are well coated. Spread out on a baking sheet.

Bake for 25-30 minutes or until golden brown. Stir and rotate pan every 10 minutes and every 5 minutes towards the end of cooking.

Remove from oven to cool. Dice cranberries into small pieces and scatter over granola.

Serve over yogurt and fruit of your choice.