



# Dried Granola and Fruit

Makes 8 servings

## Ingredients

2 cups old-fashioned rolled oats  
¼ cup sunflower seeds  
Dash of salt  
½ teaspoon cinnamon  
2 tablespoons grapeseed oil

3 tablespoons maple syrup  
½ teaspoon vanilla extract  
⅓ cup dried cranberries  
⅓ cup raisins

## Instructions

1. Preheat oven to 300 degrees.
2. Line a baking sheet with parchment paper.
3. Mix oats, seeds, salt and cinnamon.
4. Add oil, syrup and vanilla and mix well.
5. Spread on parchment paper and bake for 15 minutes.
6. Remove and stir. Bake for another 15 minutes or until golden.
7. Let granola cool then add raisins and dried cranberries.
8. Store in an air-tight container.

## Nutrition Facts

Serving size: ⅛ of recipe; calories per serving: 185; carbohydrates: 28g; protein: 4g; fat: 7g; saturated fat: 1g; sugars: 13g; dietary fiber: 3g; cholesterol: 0mg; sodium: 21mg

