



CRANBERRY GRANOLA

Ingredients

- 1/3 cup sunflower seeds
- 1/4 cup chopped pecan
- 1/4 cup wheat germ
- 1/4 cup wheat bran
- 1/4 tsp salt
- 1/3 cup maple syrup
- 1/8 cup honey
- 1/2 cup unsweetened cranberry juice (you can also use fresh orange juice!)
- 2/3 cup packed brown sugar
- 1 1/2 tbsp ground cinnamon
- 2 cups old-fashioned rolled oats
- 1/3 cup sliced almonds
- 1 cup dried cranberries

Preparation

1. Toast the sunflower seeds and pecans on a baking sheet in a preheated oven (350°F) for 8 to 10 minutes. Cool for at least 5 minutes before adding with the other ingredients.

2. Reduce oven temperature to 325°F. Prepare a baking sheet lined with parchment paper for later use.

3. Mix together nuts and rolled oats in a large bowl. In a separate small bowl, mix wheat germ, wheat bran and salt.

4. Over medium heat, stir together cranberry juice, maple syrup, honey, brown sugar and ground cinnamon in a small sauce pan. Cook and stir occasionally until sugar is completely dissolved.

5. Drizzle half of the liquid over the oat mixture and stir with a rubber spatula. Sprinkle and stir in the wheat germ/bran mixture. Pour the rest of the liquid and stir until combined.

6. Spread the mixture on the parchment paper and bake for 10 minutes. Take the baking sheet out of the oven, stir with a heatproof spatula and spread on the parchment again. Bake for another 10 minutes.

7. Again, remove the cookie sheet from the oven and stir in the cranberries. Bake for 10 to 15 minutes until it begins to brown.

8. Take the cookie sheet out of the oven and onto a cooling rack. You can stir the mixture to get rid of bigger chunks (or keep them if you like).

9. Cool it completely before storing in an airtight container. Keep it in the refrigerator to maintain crispiness. It will start to get chewy after a week. It definitely lasts more than a week, but the food safety-ista in me would like to tell you to consume it within a week. :)

Happy baking!

This is an original recipe brought to you by **Gourmeted.com**. If you have questions, please contact us at gourmeted@gmail.com. You can view the photo of the granola [online](#).