

Granola



Ingredients:

2 cups rolled oats

¼ cup almonds, chopped (or your chosen nut)

¼ cup sunflower seeds (or your chosen seed)

¼ cup ground flax seeds

¼ cup dried cranberries (or other unsulfured, unsweetened dried fruit)

½ teaspoon cinnamon

½ cup pure maple syrup

Preheat the oven to 375° F.

Combine ingredients, line baking sheet with parchment paper.

Press the mixture onto the parchment paper evenly. Bake for 10 minutes, or until golden. Cool, then break into chunks.