

## Ingredients:

- 1 cup dried, unsweetened cranberries
- 2 cups old-fashioned oats, divided
- 1/2 cup sliced, unsalted almonds
- 1/4 cup flax seeds
- pinch salt
- 2 tbsp. canola oil
- 1/4 cup maple syrup
- 1/3 cup reduced-fat peanut butter



## Directions:

1. Preheat oven to 325 degrees F. Prepare 8x8-inch baking dish by lining it with parchment paper.
  2. In a medium bowl, add together cranberries, oats, almonds, flax seeds, and salt. Stir together to combine.
  3. In a small bowl, combine canola oil, maple syrup, and peanut butter. Stir mixture together with spoon or whisk until smooth.
  4. Pour nut mixture over oat mixture. Stir to combine. Transfer to prepared baking dish.
  5. Cook for 30 minutes, Remove and let cool slightly. Cover with plastic wrap and place in fridge overnight.
- Note: This might crumble and that's ok! Now you'll have granola!

## Tips:

- Make half your grains whole grains. To find out if a product is a whole grain, look for the words "whole wheat" or "whole grain" as the first ingredient on the ingredient list.
- Whole-grain foods contain more natural fiber, vitamins and minerals than refined grains.

## Nutrition Facts

Serving size		1/4 of Recipe
Amount Per Serving		
<b>Calories</b>		<b>180</b>
		% Daily Value*
<b>Total Fat</b> 9g		<b>12%</b>
Saturated Fat 1.1g		<b>6%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 55mg		<b>2%</b>
<b>Total Carbohydrate</b> 22g		<b>8%</b>
Dietary Fiber 4g		<b>14%</b>
Total Sugars 7g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 5g		<b>10%</b>
Not a significant source of vitamin D, calcium, iron, and potassium		
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		