



# Recipes

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## **COCONUT ALMOND GRANOLA WITH FLAXSEED**

*The addition of ground flaxseed to this granola makes it necessary to store the granola in the refrigerator.*

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|---|------------------------------------|
| 1/4 cup (50 mL) honey                     | 1/2 cup (125 mL) dried cranberries |
| 2 tbsp (25 mL) oil                        | 1/2 cup (125 mL) raisins           |
| 2 cups (500 mL) old-fashioned rolled oats | 1/4 cup (50 mL) sunflower seeds    |
| 1 cup (250 mL) sliced almonds             | 2 tbsp (25 mL) ground flaxseed     |
| 1 cup (250 mL) shredded coconut           |                                    |

Line a rimmed baking sheet with nonstick foil. Whisk together honey and oil in a large bowl until blended. Add oats, almonds and coconut; stir to coat with honey mixture. Spread in prepared pan. Bake at 350°F (180°C), stirring occasionally, for 17 - 20 minutes or until lightly browned. Cool completely in pan on a rack, stirring occasionally. Stir in cranberries, raisins, sunflower seeds and flaxseed. Store in an airtight container in refrigerator for up to 2 weeks. Makes about 5 cups (1.25 L).