



**CRUNCHY PECAN &  
CRANBERRY GRANOLA**

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**YIELD**  
7 cups



**TIME**  
50 min



**GF**



**SF**

## INGREDIENTS

4 cups (400 g) old-fashioned rolled oats  
1 cup (100 g) raw pecans, quartered  
¼ cup (50 g) brown sugar, packed  
½ cup (50 g) unsweetened coconut flakes  
1/4 cup (35 g) raw sunflower seeds  
¼ cup (35 g) raw pumpkin seeds  
  
¼ cup (60 mL) vegetable oil  
¼ cup (60 mL) agave syrup (or substitute maple syrup)  
½ tsp salt  
  
½ cup (30 g) dried cranberries  
¼ cup (40 g) chia seeds (optional)

## DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Add all dry ingredients (except dried fruit) to a large bowl, mixing to combine.
3. In a separate small bowl, mix together the vegetable oil, agave syrup and salt until well combined. Add to the dry ingredients and stir to incorporate.
4. Evenly distribute over a large cookie sheet or glass casserole dish, lined with baking paper, and place in the oven.
5. Remove from oven and stir every 10-15 minutes to avoid burning and to ensure even browning. Once lightly golden brown remove from the oven and allow to cool, about 40 minutes.
  - **Note:** the granola will harden as it cools.
6. Once cooled, add dried fruit and stir to combine. Place in an airtight container and enjoy with plant-based yogurt or milk, on smoothies, or on its own as a snack.

## NOTES

- \*If nuts and/or coconut flakes are already roasted, add it in after the granola is finished baking along with the dried fruit.
- **Variations:** add your own desired raw nuts, seeds, dried fruits, or spices such as cinnamon or pumpkin pie spice.
- **Speed-it-up:** you can distribute the mixture over two cookie sheets or two oven-safe dishes on two racks in the oven - be sure to keep close and stir often to avoid burning. This will shorten the cooking time considerably.
- **Storage:** store in an airtight container for up to one month.