

# Homemade Granola



## **Servings: 15**

*5 cups rolled oats  
1 cup almonds  
1 cup sunflower seeds  
1/4 teaspoon salt  
1/4 cup honey  
1 teaspoon ground cinnamon  
1/4 cup dried cranberries  
1/4 cup dried mango, chopped*

In a bowl combine rolled oats, almonds, sunflower seeds, and salt. Spread in an even layer on a baking sheet lined with parchment paper. Bake in a 350°F oven for 10 minutes to heat up.

Drizzle the honey over top of the oat mixture and stir to coat evenly. Place back into the oven for 30 minutes tossing halfway through.

Remove the granola from the oven and add ground cinnamon, dried cranberries, and dried mango. Mix to combine.

Let the granola cool completely.

Store in an airtight container.

Serve

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Per Serving (excluding unknown items): 238 Calories; 11g Fat (41.0% calories from fat); 8g Protein; 29g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 41mg Sodium; 7g Total Sugars; 0mcg Vitamin D; 49mg Calcium; 2mg Iron; 233mg Potassium; 219mg Phosphorus. Exchanges: .