

Granola

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This granola is *bathing suit season approved* with 110 calories per 1/4 c. serving (really, how much granola do you need on top of your yogurt?) and heart healthy flaxseed.

1/4 c. slivered almonds

1 c. rolled uncooked oats

1/2 t. cinnamon

1/2 t. salt

1/4 c. ground flaxseed

2 T. canola oil

2 T. honey

1 t. vanilla

1/4 c. dried cranberries

Combine the first 5 ingredients together and toss in a bowl.

Heat the honey slightly in the microwave and add the oil to it.

Stir and pour over the granola mixture.

Add the vanilla and cranberries and toss all of it together.

Spread out on a parchment lined baking sheet.

Bake at 325 degrees Fahrenheit for 20 minutes turning the mixture a bit after the first 10 minutes.

Remove from oven and carefully transfer parchment to a cooling rack.

Eat some right away if you like your granola warm or let cool completely and store in a cool, dry place.