

Homemade Blueberry Pecan Granola

Servings: **22**

Prep Time: **5 MIN**

Cook Time: **30 MIN**



INGREDIENTS

- **1/4 cup** maple syrup
- **1/4 cup** sunflower oil
- **1 1/4 cups** old-fashioned rolled oats
- **1 cup** dried blueberries
- **1 cup** pecan pieces
- **1/4 cup** sunflower seeds
- **1/4 cup** chia seeds
- **1/4 tsp** ground cinnamon

INSTRUCTIONS

- 1** Preheat oven to 300°F. In small saucepan, combine maple syrup and sunflower oil; bring to a boil.
- 2** In a large bowl, toss together oats, dried blueberries, pecans, sunflower seeds, chia seeds and cinnamon. Pour boiling maple syrup mixture into bowl; mix thoroughly.
- 3** Spread in even layer on parchment paper-lined baking sheet. Bake, stirring every 10 minutes, for 30 to 40 minutes, or until golden and crisp. Let cool completely. Store in airtight container for up to 2 weeks.

Variations: Substitute almonds, walnuts or cashews for pecans if desired.



Grab a
boost of
blue