

Recipe

CRUNCHY PECAN & CRANBERRY MUESLI



▶ ▶ Vegan, gluten-free

Yield: 16 servings

Prep Time: 10 min

Cooking Time: 40 min

Total Time: 55 min

INGREDIENTS

4 cups (400g) old-fashioned rolled oats (if gluten-free, purchase GF oats)

1 cup (100g) raw pecans, quartered

1/4 cup (50g) brown sugar, packed

1/2 cup (50g) unsweetened coconut flakes

1/4 cup (35g) raw sunflower seeds

1/4 cup (35g) raw pumpkin seeds

1/4 cup (60mL) vegetable oil

1/4 cup (60mL) agave syrup (or sub maple syrup)

1/2 tsp salt

1/2 cup (30g) dried cranberries

1/4 cup (40g) chia seeds (optional)

DIRECTIONS

1. Preheat oven to 350 F (180C).
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 muesli will harden as it cools.
6. Once cooled, add dried fruit and chia seeds in 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

1. **Variations:** add your own desired raw nuts, seeds, dried fruits, or spices such as cinnamon or pumpkin pie spice.
2. **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.
3. **Storage:** store in an airtight container for up to one month.

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