



Servings: 12

Red Lentil Granola

Ingredients:

2 cups water
1 cup red lentils
2/3 cup honey
2 ½ tsp. vanilla extract
2 Tbsp. Canola Oil
2 cups old-fashion Oatmeal
¾ cup Sunflower seeds
¼ cup ground Golden flaxseeds
½ cup slivered almonds
½ cup unsweetened coconut meat
4 Tbsp. 100% natural peanut or almond butter
½ tsp. salt
1 cup dried cranberries

Method:

- 1) Simmer lentils in boiling water for 5 minutes or until just tender but still 'al dente'
- 2) Drain lentils, spread on try and allow to cool
- 3) Preheat oven to 300
- 4) Combine 1/3 cup honey, ½ tsp. vanilla and canola oil in the saucepan you used to cook the lentils, toss lentils in honey mixture
- 5) Spread the coated lentils on a baking sheet, bake for 15 minutes, stir and continue baking for 5 minute cycles stirring after each cycle until lentils are honey colored and crunchy
- 6) Combine oatmeal, sunflower seeds, flaxseeds, almonds, and coconut meat in a medium-sized bowl. Combine peanut butter, salt, 1/3 cup honey and ½ tsp. vanilla in another bowl, mix until blended. Combine two mixtures until evenly blended
- 7) Oatmeal mixture into a 9x9 inch baking pan and bake 40 minutes. Stir and continue to bake in 10 minutes cycles, stirring after each cycle, until browned to your preference
- 8) Mix in dried cranberries

Recipe courtesy of Chef Robin Leventhal

Source: <http://www.cookingwithpulses.com/recipes/red-lentil-granola/>