**Sweet and Salty Paleo Granola**

I am the newest advocate for homemade granola. What better way to know what is going into your food than to make it at home yourself? And the best part is that granola is fairly easy to make.

**ingredients**

1 cup cashews

3/4 cup almonds

1/4 cup pumpkin seeds, shelled

1/4 cup sunflower seeds, shelled

1/2 cup unsweetened coconut flakes

1/4 cup coconut oil

1/4 cup honey

1 tsp vanilla

1 cup dried cranberries

1 tsp salt

**directions**

1. Preheat oven to 300 degrees F. Line a baking sheet with parchment paper. Place the cashews, almonds, coconut flakes and pumpkin seeds into a blender and pulse to break the mixture into smaller pieces.

2. In a large microwave-safe bowl, melt the coconut oil, vanilla, and honey together for 40-50 seconds. Add in the mixture from the blender and the sunflower seeds, and stir to coat.

3. Spread the mixture out onto the baking sheet and cook for 20-25 minutes, stirring once, until the mixture is lightly browned. Remove from heat. Stir in the dried cranberries and salt.

4. Press the granola mixture together to form a flat, even surface. Cool for about 15 minutes, and then break into chunks. Store in an airtight container or resealable bag.