

Steel Cut Oats

with Cranberry Seeds



Yield: 2 servings

Ingredients:

- 2 cups (473g) water
- ½ cup (88g) steel cut oats
- to taste salt, cinnamon & brown sugar
- 1 tsp. (2g) Ocean Spray Cranberry Seeds

Method of Preparation:

1. Add the water to a small pan and bring it to a boil.
2. Add the oats to the boiling water and allow the mixture to return to a boil and then reduce the heat and simmer for 30 minutes or until the oats have a desirable texture.
3. Remove the oats from the heat and combine with your desired amount of salt, cinnamon and brown sugar.
4. Stir in the cranberry seeds and serve immediately.



Energy Balls with Almonds, Pecans, & Cranberry seeds

Yield: 1 serving (4 balls)



Ingredients:

- 2 Tbsp. (16 g) Diced Sweetened Dried Cranberries
- 2 tsp. (5 g) Sunflower seeds
- 1 Tbsp. (6.5 g) Fancy Pecans (small pieces)
- 1 Tbsp. (6.5 g) Diced Almonds
- ½ cup (12 g) Rice Crispies
- 2 Tbsp. (11 g) Oat Flakes
- 1 Tbsp. (17 g) Rice Syrup
- 1 Tbsp. (20 g) Agave Syrup
- ½ tsp. (3 g) Acerola Juice Concentrate*
- 1 ½ tsp. (3 g) Cranberry Seeds

Method of Preparation:

1. Mix all dry ingredients.
2. Mix all liquid ingredients and heat to 120°C (248°F).
3. Mix both together and make into a ball.
4. Bake them in the oven for 7 minutes at 150°C (302°F).
5. Allow to cool and serve.

* Instead of the Acerola Juice Concentrate you can also use more syrup or another type of Juice Concentrate



Crunchy Granola with Cranberry Seeds



Yield: 1 serving

Ingredients:

- ¼ cup (15.5 g) Oat flakes (fine)
- 2 ½ tsp. (15 g) Rice syrup
- 2 Tbsp. (15 g) Diced Almonds (medium)
- 2 Tbsp. (10 g) Oat flakes (coarse)
- 2 Tbsp. (10 g) Whole grain flakes
- 2 tsp. (9 g) Almond Butter
- 2 tsp. (8 g) Sugar
- 2 Tbsp. (8 g) Crunchy Cranberries™
- 4 pieces (3.5 g) Pecan pieces (medium)
- ½ tsp. (3 g) Acerola Juice Concentrate
- 1 ½ tsp. (2.7 g) Grated Coconut
- ½ tsp. (2 g) Coconut oil
- ½ tsp. (1 g) Cranberry Seeds
- a pinch (0.3 g) Sea salt



Crunchy Granola with Cranberry Seeds



Method of Preparation:

1. Combine coconut oil, acerola juice concentrate, sugar, almond butter and rice syrup in a saucepan and heat to 105°C (221 F).
2. Combine the remaining ingredients in a bowl (except for Crunchy Cranberries™). Add in the heated ingredients and mix well in a blender. This becomes your granola mixture.
3. Spread the granola mixture on a tray lined with baking paper and bake at 110°C (230 F) for 30-40 minutes.
4. Allow to cool. Break the granola into pieces and add in Crunchy Cranberries™.
5. Serve with your favorite cup of milk or eat it by itself.

