Ingredients

* 6 lbs carrots
* 1 cup dried cranberries
* 1 bunch flat leaf parsley
* 1 Cups sunflower seeds
* 1 cup olive oil
* 4 lemons
* ¼ cup Dijon mustard
* 1 TBS honey
* Salt and Pepper
* 2 sticks cinnamon

Procedure

1. Wash and peel the carrots and grate them. Add to a large metal bowl with cranberries.
2. In a mortar and pestle, grind cinnamon.
3. In a nonstick skillet, cook sunflower seeds seasoned with the ground cinnamon over low heat for a few minutes (until they begin to smell toasted). Add to carrots and cranberries.
4. Zest and juice the lemons and put both in a metal bowl.
5. In the same bowl as the lemon juice/zest, mix oil, mustard, honey, and a few pinches of salt and fresh ground pepper.
6. Taste and adjust seasoning accordingly. Add the dressing to the carrots and mix together vigorously. Taste.
7. Chop parsley and add about half of it to the carrots. Reserve the rest to serve on the side to those who want extra parsley.