3. 已知向量 $a = (3,1), b = (2,2), 则 \cos \langle a+b, a-b \rangle = ($)

A. $\frac{1}{17}$ B. $\frac{\sqrt{17}}{17}$ C. $\frac{\sqrt{5}}{5}$

D. $\frac{2\sqrt{5}}{5}$