

Sunshine Crunch Granola

Source: New Growth Wellness

Time: 1 hour 20 min



Ingredients:

2 ½ cups rolled oats (any grains work: rye flakes, spelt flakes, kamut flakes, regular oats, steel cut oats...)
¼ cup chopped raw almonds
½ cup chopped raw walnuts
½ cup raw pumpkin seeds
½ cup raw sunflower seeds
¼ cup raw sesame seeds
½ cup unsweetened coconut
½ cup dried fruit (raisins, cranberries, kiwi, papaya, goji...)
½ cup maple syrup or honey
½ cup coconut oil
1 tsp pure vanilla extract
2 tsp cinnamon
1 tsp nutmeg
1 tsp cloves

Instructions:

1. Heat oven to 225 F
2. In a large bowl mix oats, almonds, walnuts, pumpkin seeds, sunflower seeds, sesame seeds, coconut, dry fruit, cinnamon, nutmeg, & cloves.
3. In a small saucepan melt the coconut oil, honey, & vanilla together until blended.
4. Pour wet mixture into the oat mix & stir until evenly blended
5. Spread evenly on a large baking sheet & bake for 1 hour. I take mine out after 30 minutes & give it a little mix around then put it back in.
6. Cool for 10 minutes on the pan, then transfer to a large bowl or container to finish cooling completely. If you leave it on the pan too long it will be hard to break off. Do not seal the container until the granola is fully cooled or else it will lose it's crunch (oh no!)