

Nutty Granola

Ingredients:

2 cups chopped pecans
1 cup chopped cashews
2 cups chopped almonds
¼ cup flax seed
½ cup raw sunflower seeds
¼ cup pumpkin seeds
2 cups “real” coconut flakes
¾ cup sucanat, coconut palm sugar or dark brown sugar
1 Tbsp. Real salt
1 Tbsp. cinnamon
¼ tsp. cardamom
½ cup pure maple syrup
¼ cup melted coconut oil
2 tsp. vanilla extract

Instructions:

Mix all the dry ingredients in a large bowl. In a glass measuring cup mix the syrup, coconut oil and vanilla. Pour over the nut mixture and stir until well combined and coated. Dump onto a grease cookie sheet or roasting pan. Bake at 275 for 2 hours, stirring every 30 minutes.

To Use:

Sprinkle over yogurt, on top of salads or to snack on dry. Also makes a great replacement for boxed cereal.