

Coconut-Cinnamon Granola

packed full of healthy goodness

Makes ~8 cups

Ingredients

- 4 cups large flake oats
- 1 1/2 cups flaked coconut
- 1 cup almonds, coarsely chopped
- 2/3 cup pepitas (aka shelled pumpkin seeds)
- 1/3 cup pecans, coarsely chopped
- 1/3 cup hemp seeds
- 2 tbsp flax seeds, ground
- 2 tsp cinnamon
- 1/2 cup coconut oil, melted
- 1/4 cup almond butter
- 1/2 cup maple syrup
- 1/4 cup honey
- 1 tsp vanilla
- 1/2 tsp sea salt
- 1 1/2 cups dried fruit (your choice, I used mission figs, cranberries, raisins and goji berries)



Directions

1. Preheat oven to 350F.
2. In a large bowl, combine all of the dry ingredients. From the oats to the cinnamon.
3. In a heat proof glass bowl, add all the liquid ingredients. From the coconut oil to the vanilla. Gently melt the liquid ingredients together until there are no more lumps and bumps, microwave or double boiler work well it is really which ever you prefer.
4. Pour the liquids over the dry ingredients and stir with a rubber spatula until everything is equally coated. Add salt and stir again. DO NOT ADD THE FRUIT YET, BE PATIENT!
5. Spread granola onto a baking sheet and bake for 10 minutes. Remove from the oven, stir the granola paying particular attention to the edges as they will brown first. Place back in the oven for another 10 minutes. Remove from the oven and stir again. Place back in the oven for 10 minutes. Remove and stir again. At this point add the fruit and cook for another 5-10 minutes or until lightly golden brown.
6. Your total baking time is about 35-40 minutes. Cool, package in an air tight container and serve on your favorite yogurt with some fruit.

Love from the ov,

Sara