



## Grain free Granola



**Makes** : 12 servings

### INGREDIENTS

- 1 cup raw almonds
- 1 cup raw walnuts
- $\frac{1}{3}$  cup raw pumpkin seeds
- $\frac{1}{3}$  cup raw sunflower seeds
- $\frac{1}{4}$  cup unsweetened coconut flakes
- $\frac{1}{4}$  cup coconut oil or butter coconut butter makes it taste more creamy. Can get that at whole foods.
- 1 tsp. pure vanilla
- 2 tsp. ground cinnamon
- $\frac{1}{4}$  CUP OF SUGAR FREE CRANBERRIES

### Method

1. Preheat oven to 275 °F.
2. In a food processor or blender, add almonds, walnuts and coconut flakes to chop into small pieces. Do not over blend.
3. Heat coconut oil (butter), cinnamon over medium high heat in a large saucepan, for about 3-5 minutes or a microwave for about 20seconds but

keep watching it. Remove from heat and stir in vanilla. Then add seeds, nuts and coconut flakes and stir to coat.

4. Spread granola mixture evenly onto a baking sheet lined with parchment paper.

5. Bake for 20-25 minutes or until lightly browned. Remove from oven and add dried cranberries, may need to press into granola mixture.

6. Allow to cool for about 20 minutes or until hardened. Break apart granola. Store in an airtight container or mason jar for up to 2 weeks.

#### How to have it

1. As is. So good! Just be sure to portion it out. About 1/4 cup.
2. Sprinkle on top of your favourite yogurt. Read all about our favourite
3. Sprinkle on top of chia pudding for a paleo-friendly breakfast, snack or dessert.