PALEO GRANOLA

INGREDIENTS:

- 1 cup raw almonds
- 1 cup raw cashews
- 1/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- ¼ cup unsweetened coconut flakes
- ¼ cup virgin coconut oil
- 1/3 cup organic honey or maple syrup
- 1 tsp vanilla extract
- Pinch of sea salt
- 2 tsp ground cinnamon
- 3/4 cup dried cranberries or cherries



NUTRITION PER SERVING:

- Calories: 220
- Fat: 17g
- Sodium: 33 mg
- Carbohydrate: 16g
- Fiber: 3g
- Sugar: 5g
- Protein: 5g

DIRECTIONS:

- Preheat oven to 275 °F.
- In a food processor or blender, add almonds, cashews, and coconut flakes to chop into small pieces. Do not over blend.
- Heat coconut oil, honey, cinnamon, and salt over medium high heat in a large saucepan, for about 3-5 minutes. Remove from heat and stir in vanilla. Then add seeds, nuts and coconut flakes and stir to coat.
- Spread granola mixture evenly onto a baking sheet lined with parchment paper.
- Bake for 20-25 minutes or until lightly browned. Remove from oven and add dried cranberries, may need to press into granola mixture.
- 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

Makes 12 servings.

Reference: www.TheRealFoodieTitians.com