

Formula for a Basic Granola



1

Mix Dry Ingredients:

- 4 cups oats
- 1 cup coconut flakes (or 1 more cup oats)
- 1 cup raw nuts and seeds
- 2 teaspoons spices (cinnamon, nutmeg, allspice)
- 3/4 teaspoon sea salt



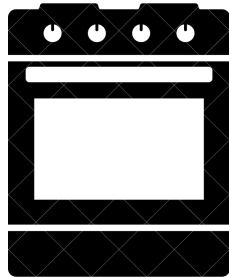
2

Mix Wet Ingredients:

- 1/3 cup fat (coconut oil, olive oil, butter)
- 2 teaspoons vanilla
- 1/3 cup sweetener (maple syrup, honey, agave)



3



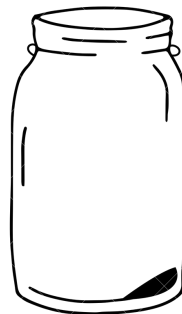
Bake:

Combine wet and dry ingredients. Spread on sheet pan lined with parchment and bake at 300F for 40 minutes.

4

Cool and store:

Add in 1/2 cup of dried fruit (raisins, craisins, cherries, blueberries, apricots, mango, cranberry). Store in mason jar or freeze.



Variations:

Classic Fruit & Nut:

Butter, honey, almonds pumpkin seeds, mixes dried chopped fruit, cinnamon, vanilla

Apple Pie:

Use classic recipe but use only almonds and dried apples

Oatmeal Raisin Cookie:

Butter, honey, raisins, vanilla and cinnamon, pinch of allspice

Blueberry Pie:

Apple Pie recipe but used dried blueberries and skip the cinnamon, and add a dash of lemon extract

Maple Pecan:

Use pecans, vanilla, butter, maple syrup

For Peanut Butter Granola add up to 1/3 cup natural peanut butter!