



## Granola



Satisfying, crunchy and nutrient-rich...

### Ingredients:

- 1 ½ cup of old-fashioned oats
- 2 cups raw nuts like almonds, cashew
- 1 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1/2 cup Flax Seed
- 1/2 cup goji seeds (Add last)
- 1/2 cup Unsweetened Coconut Flakes (Add last)
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Raw Honey or Maple Syrup
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon

1. Preheat the oven to 150°C. Line a large baking sheet with parchment paper.
2. Combine all ingredients except the goji seeds in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15-minute mark add the goji seeds.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl add the shredded coconut. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk, kefir or Greek yogurt. I always add some frozen or fresh berries depending on what I have available and a teaspoon of Organic peanut butter.

Granola can be store in a jar for for a month.

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