

Refined Grain-Free Granola Review ★★★★★

Prep Time

10 minutes

Cook Time

20 minutes

Ingredients

1 CUP UNSWEETENED SHREDDED COCONUT
¾ CUP SUNFLOWER SEEDS
½ CUP PUMPKIN SEEDS
½ CUP ALMOND FLOUR
½ CUP ALMONDS, ROUGHLY CHOPPED
¼ CUP BROWN FLAX SEEDS
¼ CUP HAZELNUTS, ROUGHLY CHOPPED
2 TBSP PURE MAPLE SYRUP (OR YOUR LOCAL HONEY)
2 TBSP VIRGIN COCONUT OIL (MELTED)
1 TSP CINNAMON OR PUMPKIN SPICE
PINCH OF SEA SALT
¼ CUP DRIED CRANBERRIES
¼ CUP DRIED BLUEBERRIES



Directions

PREHEAT OVEN TO 325°F (165°C).
COMBINE ALL DRY INGREDIENTS.
WARM MAPLE SYRUP (OR HONEY), COCONUT OIL, SPICES, AND SALT UNTIL BLENDED.
POUR OVER DRY MIXTURE AND STIR.
SPREAD ON PARCHMENT-LINED BAKING SHEET.
BAKE 20 MINUTES, STIRRING HALFWAY.
COOL COMPLETELY.
STIR IN DRIED FRUIT.

Notes

Vegetarian

Vegan

Dairy Free

Gluten Free

Low Carb