



HOMEMADE GRANOLA

GRANOLA BASE:

- 3 cups rolled oats (old fashioned oats are best here.)
- 1-2 cups nuts and/or seeds - or mix and match ½ cups walnuts, ½ cup pecans, ½ cup pumpkin seeds
- ½ tsp sea salt
- ½ Tbsp cinnamon
- 1.5 Tbsp coconut oil (or substitute avocado oil, canola oil or applesauce)
- ¼ cup maple syrup, honey or agave
- 1 tsp vanilla extract
- 1 medium ripe banana - can replace with applesauce

ADD-INS:

- 2-3 tablespoons dried fruit (dates, apricots, cherries, blueberries, raisins, cranberries, chopped figs are all options. Larger fruit should be chopped)
- 2-3 tablespoons coconut flakes
- 2 table spoons chocolate chips

Directions:

1. Preheat oven to 350
2. In a large bowl, mix oats, cinnamon, salt and nuts
3. Mash banana in a small bowl. Set aside
4. Melt coconut oil in the microwave. Stir in maple syrup and vanilla. Add mashed banana to the mixture.
5. Combine the dry oat mixture with the wet coconut oil/banana mixture. Mix until oats are well coated.
6. Spread granola out on a sheet pan. Be sure not to overcrowd it. Use 2 sheet pans if need be.
7. Bake on 350 for 12-15 minutes until toasted brown. Toss half way through.
8. Let it cool, completely! It will get crunchy as it cools.
9. Add any add-ins you desire
10. Store in a glass jar.