



no more white bread

Paleo Granola

This is a beautiful, clean recipe that will convince you to make your own rather than buying it at the store. Store in an airtight container.

Ingredients

½ cup pecan pieces

½ cup cashews

½ cup walnuts

½ cup slivered almonds

1 – 1 ½ cup unsweetened coconut

½ cup pepitas (pumpkin seeds)

½ cup sunflower seeds

2 TBLS ground flax

2 TBLS chia seeds

1 cup sliced almonds

¼ cup raw honey

1 TBLS coconut oil

1 tsp vanilla

¾ tsp kosher salt

½ TBLS cinnamon

Directions

Pre-heat oven to 350 degrees. Line a cookie sheet or sheet pan with parchment paper and spread the first 4 ingredients evenly, pecans thru slivered almonds.

Roast for 8 minutes, stirring half-way through. Remove from oven and cool.

Add the next 6 ingredients, coconut thru sliced almonds, and mix well.

Reduce oven temperature to 300 degrees.

Meanwhile, in a small saucepan heat together the honey and coconut oil until blended.

Add the last 4 ingredients, vanilla through cinnamon, and blend with a whisk.

Pour the liquid ingredients over the dry ingredients and mix very well.

Line a clean cookie sheet or sheet pan with parchment and spread the mixture evenly.

Bake for 20-25 minutes or until golden brown and crispy.

Source: Debbie Johnson