

Nutty Granola, (Gluten-free)

Jennifer Whitney

Yield: 4-5 cups

Ingredients

1-1/2 cup raw, unsalted pecans

1-1/2 cup raw walnuts

1/2 cup sunflower seeds

1/2 cup raw pumpkin seeds

1/2 cup ground hemp seeds

2 to 3 tablespoons whole chia seeds

2 teaspoons cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ground cardamon

1/4 teaspoon sea salt

1/4 cup grade b maple syrup

1/4 cup melted coconut oil

1/2 to 1 cup dried & coarsely chopped, cranberries, apricots, figs, prunes or raisons

Directions

Preheat oven to 300 degrees F. Line a large baking dish, rimmed cookie sheet, or jelly roll pan with parchment paper. Place the pecans, and walnuts into a food processor fitted with the "s" blade. Process until you have a chunky, coarse meal. Pour into a medium-sized mixing bowl. Add the sunflower seeds, pumpkin seeds, chia seeds, cinnamon, nutmeg, and sea salt. Stir together evenly, distributing the spices and salt, add the syrup and coconut oil, mix together using a large spoon. Spread onto the parchment-lined cookie sheet, bake for about 35 to 40 minutes. Remove from the oven and stir in the dried fruit. Let cool completely on a cookie sheet then transfer to a glass jar for storage. Serve over yogurt with fresh chopped apples. Enjoy!