

Grain-free Granola

INGREDIENTS:

- 1 cup cashews
- 1 cup almonds
- 1 cup walnuts
- 1 cup pecans
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds (without shell)
- 1 cup coconut flakes
- 1 cup unsweetened dried fruit (I like a combo of raisins, unsweetened cranberries, and unsulfured apricots)
- 1/4 cup coconut oil, melted
- 1 tsp vanilla
- 2 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp grated fresh nutmeg (eyeball it)
- 1/2 tsp sea salt
- 1/2 cup molasses
- 1/4 cup raw honey



TO MAKE:

- Add almonds, cashews, walnuts, pecans, and seeds into a food processor. Pulse together until nuts are coarsely chopped.
- Pour nuts and seeds into a mixing bowl. Add coconut flakes, dried fruit, oil, vanilla, salt, ginger, cinnamon, and nutmeg and stir together until everything is well-combined.
- Add molasses and honey and stir well until everything is evenly coated.
- Transfer to a parchment-lined baking sheet and spread in an even layer.
- Bake at 250 degrees for an hour stirring every 15-20 minutes or so.
- The granola will still be soft when you pull it out, but let it cool completely into a deliciously crunchy mass before break