

Granola bars/cereal

(Adapted from 100 Days of Real Food)

Ingredients

- 3½ cups rolled oats (if you want bars use steel cut oats so it will stick together better)
- 1 cup raw sliced almonds
- 1 cup raw cashew pieces (or walnuts or pecans)
- 1 cup unsweetened shredded coconut
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- 2 teaspoons ground cinnamon
- 1½ teaspoons ground ginger
- ½ teaspoon grated or ground nutmeg
- 6 tablespoons coconut oil
- ½ cup honey
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- Also need – parchment paper



Instructions

- Preheat the oven to 250 degrees. Cover a rectangular baking sheet with parchment paper. *I use a 16X12X1 jelly roll pan and it fits perfectly so I would recommend a bigger pan!*
- Mix the dry oats, almonds, cashews, coconut, seeds and spices together in a large mixing bowl.
- Heat the coconut oil and honey together in a small saucepan over low heat. Once the butter melts stir in the vanilla and salt.
- Pour the hot liquids over the dry ingredients and stir together with a rubber spatula until evenly coated.
- Spread mixture onto prepared pan in one even layer. Bake for 75 minutes.
- The granola will become crisp as it cools at which point you can break into pieces (if making bars) or break it up into small chunks by pounding it in a zip lock bag (if making cereal). Store in air tight container at room temperature for up to 2 weeks.

Notes

- Warning: This recipe makes a lot of granola, which is also addicting 😊.
- I give the larger pieces to my kids in their lunch as a sweet treat or as an on the go snack.
- Goes great in yogurt as a parfait.
- Use gluten free oats if desired.