



Coconut Granola

Ingredients

- 3 cups mixed rolled oats
- 1 cup unsweetened dried coconut
- 1 cup, chopped almonds
- 1/2 cup pepitas and/or sunflower seeds
- 1/4 cup Chia
- 1/4 cup flax
- 1/4 tsp salt
- 1/2 cup pumpkin purée
- 1/4 cup melted coconut oil
- 3 tablespoons water
- 3 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 cup raisins

Instructions

1. Preheat oven to 350°F.
2. In large bowl, mix together the rolled oats, coconut, almonds (nuts) and seeds.
3. In a small bowl mix together the pumpkin purée, coconut oil, maple syrup, water, cinnamon and vanilla. Pour the wet mixture over the cereal to stir and coat.
4. Spread the mixture on a large baking sheet with parchment paper and bake for 40 minutes or until golden brown, stirring halfway through.
5. Add the raisins upon completion. When cooled, store the granola in a covered container in the refrigerator where it keeps well for at least a month. Enjoy!

The story behind the recipe.

My friend, Lori, kindly gave me a jar of this granola. Yum! And now we all have the recipe! I like to eat it with plain yoghurt and maybe even some blueberries if I have them. I think the recipe is pretty flexible so if you prefer different nuts or seeds, try substitutions!