



ELIZABETH GABRIELSON
WELLNESS

Nutty Granola

Serves 8-10

Ingredients:

- 1.5 cups rolled oats
- 1/2 cup raw cashews pieces
- 1/4 cup raw pecans or walnut pieces
- 1/4 cup raw pumpkin seeds
- 1/4 cup flaxseed
- 3/4 cup unsweetened shredded coconut or coconut flakes
- 3 tsp. Melted coconut oil, avocado oil, ghee, or olive oil
- 2 tsp cinnamon
- 1 Tbs. Vanilla extract
- 1/2 cup maple syrup
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Instructions

1. Preheat oven to 350 degrees.
2. Simply mix all ingredients together in a bowl and spread in an even layer on a parchment paper lined baking sheet.
3. Bake for 10 minutes, then stir and bake for 10 more minutes until it's golden brown.

Serve over yogurt, oatmeal, with milk, or as a healthy snack to-go!