

Primal Crunch Granola

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Ingredients:

- 1 cup sliced almonds
- 1/3 cup pumpkin seeds
- 1/2 cup sunflower seeds, unsalted
- 1/2 cup pecans, chopped
- 1/2 cup unsweetened shredded coconut
- 2 tbsp coconut oil, melted
- 2 tbsp raw honey
- 2 tbsp maple syrup
- 1 tbsp cinnamon
- 1/3 tsp sea salt
- 1/2 cup dried cranberries OR blueberries OR raisins (or combo)

Preparation:

Preheat oven to 300 degrees.
Add nuts, seeds, and coconut to large mixing bowl.
Melt coconut oil in microwavable dish, then mix in honey, maple syrup, cinnamon, and salt.
Stir until consistency is even.
Pour over nut mixture and toss to coat evenly.
Spread thin on a baking sheet (parchment paper makes for easy clean up.)
Bake for ~20 minutes or until coconut browns, stirring occasionally to prevent burning.
Mix in dried fruit.
Allow it to fully cool before eating. Enjoy with plain Greek yogurt or milk (as you would with traditional cereal.)