

FAMOUS NUT & FRUIT GRANOLA

MIX AND TOSS WELL IN LARGE BOWL:

1. 8 cups old-fashioned rolled oats (use certified gluten-free oats for gluten-free granola)
2. 4 cup raw nuts and/or seeds (pecans, walnuts, cashews, pumpkin, sunflower, pistachio) (*note: we often just use one cup of each of the first four, and skip the sunflower/pistachio*)..
3. ½ cup flax seed
4. 2 Tablespoons Hemp Heart Seeds
5. 2 Tablespoons black sesame seed
6. 2 Tablespoons white sesame seeds
7. 1 ½ cup raisins (or cran-raisins or combination). Plumped first in hot water
8. 1 cup sweetened coconut flakes

In saucepan combine bring to boil, stirring

1. 2 teaspoon fine-grain sea salt (if you're using standard table salt, scale back to 1 1/2 teaspoon regular salt)
2. 1 teaspoon ground cinnamon
3. 1 teaspoon pumpkin spice
4. 1 ¼ cup melted coconut oil
5. 1 ½ cup honey
6. 2 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat Convection oven to 300 degrees Fahrenheit and SPRAY with cooking Spray 2 large cookie sheets. Do NOT use parchment paper.
2. Pour liquid mixture over dry ingredients and toss extremely well.
3. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer and pat it down HARD. Sprinkle 2 tablespoons white sugar on top of patted down granola.
4. Bake until lightly golden, about 20 minutes, STIR then pat down again with back of heavy pan and bake another 20 to 30 minutes without stirring. Let granola further crisp up as it cools and do NOT stir (at least 45 minutes).
5. Break the granola into pieces with your hands
6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months.

We hope you love this! Please give us a call, text or email and let us know how you like it and any tips for improvement! XO Yamil & Keith Winn
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