

Paleo Granola

INGREDIENTS:

- 1 cup raw almonds
- 1 cup raw cashews
- ¼ cup raw pepitas/pumpkin seeds
- ¼ cup raw sunflower seeds (no shell)
- ½ cup unsweetened coconut flakes
- ¼ cup coconut oil
- ½ cup raw honey
- 1 tsp. vanilla extract
- 1 tsp. sea salt
- 1 cup raisins (or your favorite dried fruit)

PROCESS:

- Preheat oven to 275° F. Place the almonds, cashews and coconut flakes in a food processor or blender and pulse a few times to break into smaller pieces. Place in a medium sized mixing bowl.
- Heat the coconut oil, raw honey and vanilla extract together, stir to blend. Pour over nut and seed mixture.
- Spread the granola mixture evenly onto a baking sheet lined with parchment paper and bake for about 20-25 minutes or until lightly browned, stirring one or twice. Remove from heat and add the raisins and sprinkle with sea salt, pressing the mixture together to form a flat surface.
- Allow to cool for about 20 minutes or until hardened, and then break into chunks and enjoy.

From: Paleo Cupboard