

Grain-Free Granola



Ingredients

- 3 cups **nuts** (raw, if possible)
My favorite combination is:
1 cup cashews
1 cup almonds
1 cup pecans or walnuts
- 1 cup **sunflower seeds**
(raw, if possible)
- [OPTIONAL]
1 cup **dried cherries** (or raisins),
chopped
- 1/4 cup ground flax seed
- 1 cup **shredded coconut**
- 1/2 cup **peanut butter**
- 4 T. **maple syrup**
- 2 T. **honey**
- 1 T. **vanilla extract**

Directions

1. Line a jelly roll pan with parchment paper or aluminum foil and spray with non-stick spray.
2. Heat oven to 350 °F.
3. In a small sauce pan over low heat, combine peanut butter, maple syrup, honey, and vanilla. (I like the combination of maple syrup and honey, but if you don't have both on hand, that's fine, just use 1/3 cup of one or the other.) Heat and stir until the ingredients are melted together and smooth.
4. In a large bowl, mix together the nuts, sunflower seeds, chopped dried cherries (optional), and ground flax seed. Pour warm peanut butter mixture over the top and stir until well combined. Add the shredded coconut and mix until the clumps are evenly coated. Spread into prepared pan.
5. Bake for 15 minutes at 350 °F.
6. Stir mixture with a wooden spoon. Turn oven down to 200 °F. and return pan to oven and bake for 40 more minutes or until golden brown.
7. Take granola out of the oven and allow to completely cool. This takes about 2 hours.
8. Store granola in an air-tight container in the fridge for about two weeks. (If it lasts that long!) It freezes great as well.

A cup of Greek yogurt topped with 1/3 cup of **Grain-Free Granola** makes an amazing breakfast or hearty snack. The combination has a great balance of fats to carbs to protein.

Here are my calculations (with 1 cup dried cherries):

	Serving Size	Calories	Fat (g)	Carbs (g)	Protein (g)
Whole Milk Greek Yogurt	1 cup	190	8	8	23
Grain-Free Granola	1/3 cup	274	21	18	7
TOTAL		464	29	26	30