

Easy Healthy Homemade Granola Recipe

Prep time:

10 mins

Cook time:

10 mins

Total time:

20 mins

Author: Elizabeth Rider

Yield: 8 servings

Ingredients

- 2 cups raw, whole rolled oats (AKA old fashion oats), preferably organic
- ½ cup raw nuts, chopped
- ¼ cup raw seeds (sunflower or pumpkin seeds are great)
- ½ cup unsweetened dried fruit, chopped (optional)
- 2-3 tablespoons maple syrup or raw honey (or a combo of both)
- 2 tablespoons virgin coconut oil or other healthy cooking oil
- ½ teaspoon vanilla extract or almond extract
- 1 large pinch fine sea salt

Instructions

1. Preheat the oven to 300° F.
2. Combine all ingredients in a mixing bowl. Use your clean hands to mix well and toss to coat; it will be sticky and messy but that's the fun part. The coconut oil might be solid depending on your climate (it has a melting point of about 75°F). Your hands will warm it up and melt it into the mixture if it's solid, just be sure to mix it all through the other ingredients so there aren't any chunks of oil left.
3. Spread the mixture in a thin layer on a baking sheet lined with parchment paper and bake for 10 minutes, until very lightly toasted. (To make this recipe completely raw-friendly, dehydrate the mixture 5-6 hours at 115°F in a food dehydrator instead.)
4. Cool before serving or storing.
5. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks. I keep mine in a mason jar in the refrigerator at home and in a BPA-free plastic bag when traveling.

Recipe by Elizabeth Rider at <http://www.elizabethrider.com/easy-healthy-homemade-granola-recipe/>