

Paleo Granola

Serves 6

Ingredients:

1 cup raw almonds
1 cup raw cashews
1/4 cup raw shelled pumpkin seeds (pepitas)
1/4 cup raw shelled sunflower seeds
1/2 cup unsweetened coconut flakes
1/4 c. coconut oil
1/2 c. raw honey, OR 1/2 c. monk fruit sweetener, OR 1- 2 tsp. Sweet Leaf stevia powder
tsp. vanilla extract
1 tsp. sea salt

1/2 c. goji berries

Method:

Preheat oven to 275 F. Place the almonds, cashews, pumpkin seeds, sunflower seeds and coconut flakes in a food processor and pulse to render small chunks.

Place oil, honey and vanilla in a medium sized saucepan over medium-high heat and allow to melt. Stir to combine, then add the ground nut mixture and stir until the everything is fully coated.

Spread the granola mixture evenly onto a baking sheet lined with parchment paper and cook for about 20-25 minutes or until lightly browned, stirring once or twice. Remove from the oven, add the raisins and sprinkle with sea salt, pressing the mixture together firmly to form a tight, flat surface.

Allow to cool for about 20-30 minutes or until fully hardened, and break into chunks. Store in an airtight container for up to a week.