

CLEAN & TASTY

DOC'S GRANOLA

Serving	Time	Level
multiple	45 mins	moderate



PS

I always purchased granola and it was always expensive. Then one day, I looked at the ingredients and said, "wow, I can make this myself!" Then, I did. I use freeze dried blueberries, but you can certainly use any fruit you like. I put the flax seeds in after the mixture is almost cooled to ensure that the omega 3s in the flaxseeds are untainted. It is a delicious part of breakfast, brunch or even desert. Store in an airtight container. I keep mine in the fridge. Make a batch and enjoy!



INGREDIENTS

- 4 cups rolled oats
- $\frac{3}{4}$ c flax seed, ground
- $\frac{3}{4}$ c almond flour
- $\frac{1}{2}$ c sunflower seeds
- 1 c chopped or sliced almonds
- $\frac{1}{2}$ c chopped pecans
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ c maple syrup
- $\frac{1}{2}$ c honey
- $\frac{1}{4}$ c coconut oil, melted
- 2 T ground cinnamon
- 1 T cardamon
- 1 T vanilla extract
- 1 T almond extract
- $\frac{1}{2}$ c freeze dried blueberries, unsweetened cranberries or other unsweetened dried fruit, optional
- $\frac{1}{4}$ – $\frac{1}{2}$ c flaxseeds



DIRECTIONS

- Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment paper.
- Combine the oats, ground flax seed, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, maple syrup, honey, melted coconut oil, cinnamon, cardamon, vanilla and almond then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.
- Bake in the preheated oven until crispy and toasted, about 15 minutes. Stir once and continue baking 10 more minutes. Cool for 10 minutes then stir in the flaxseeds and blueberries before storing in an airtight container.

