



Healthy - No Sugar Granola

Try to use organic ingredients for the best version of this recipe (and healthies for you)

Ingredients (serves 4):

2 cups coconut flakes
1 cup chopped mixed nuts (almond, pecan, walnut, etc)
1/2 cup pumpkin seeds
1/4 cup sunflower seeds
2 tablespoons chia seeds or flaxseeds
1 teaspoon – 1 tablespoon cinnamon
1 teaspoon vanilla
1/4 cup coconut oil
Optional: 2 tablespoons cacao nibs

Directions:

1. Heat the oven to 325 degrees.
2. Place all of the ingredients in a bowl and mix thoroughly to combine.
3. Line a baking sheet with parchment paper. Spread the granola on a baking sheet and bake for 12-15 minutes. Let cool and store covered in a glass container.
4. Serving size is approximately 2 Tablespoons. We suggest sprinkling this on your dairy free yogurt!