

Grain-Free Granola

13 ingredients · 40 minutes · 24 servings



Directions

1. Preheat the oven to 300°F (149°C). Line a baking sheet with parchment paper and set aside.
2. In a large bowl, mix together all of the dry ingredients except the dried cranberries and coconut flakes.
3. Melt the coconut oil in a sauce pan and mix in the sunflower seed butter and honey. Once combined pour over the dry mixture and pour onto the lined baking sheet. Ensure the mixture has no large gaps on the pan.
4. Bake the granola for 15 minutes and add in the coconut flakes and give the mixture a stir. Bake for another 10-15 minutes until the granola starts to brown along all of the sides.
5. Once you remove the granola from the oven, allow it to cool completely. This will allow the granola to crisp up. Next, transfer it into a storage container and add the dried cranberries. Ensure the cranberries are evenly distributed.
6. Add to a bowl and serve with coconut yogurt or yogurt of your choice for breakfast or a snack. Enjoy!

Notes

Storage

Store in a mason jar for up to 1 week.

Serving Size

One serving is roughly 1/4 cup of granola.

Nut Allergy

Replace the nuts with seeds of choice.

No Yogurt

Enjoy with your favorite plant based milk.

Ingredients

- 1 cup** Cashews (chopped, can use 1/2 cup of cashews & 1/2 cup of pecans)
- 1/2 cup** Sunflower Seeds
- 1/2 cup** Pumpkin Seeds
- 1/4 cup** Unsweetened Coconut Flakes
- 1/2 cup** Chia Seeds
- 1/2 cup** Hemp Seeds
- 1/2 cup** Ground Flax Seed
- 1/4 cup** Coconut Oil (melted)
- 1/2 cup** Sunflower Seed Butter (can sub for peanut butter, almond butter or cashew butter)
- 1/4 cup** Raw Honey
- 1/2 tsp** Sea Salt
- 1 tsp** Cinnamon
- 1/4 cup** Dried Unsweetened Cranberries (can add up to 1/2 cup)