

# GRAIN FREE GRANOLA

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## INGREDIENTS

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1/2 cup almonds	1/2 tsp seas salt or pink Himalayan salt
1/2 cup pecans	1/2 tsp cinnamon
1/2 cup walnuts	1 tbsp maple syrup, molasses or honey
1/4 cup sunflower seeds	1/4 cup coconut oil
1/4 cup pumpkin seeds	1/2 cup Craisins or raisins
1/2 cup unsweetened coconut	

## PROCEDURE

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Preheat oven to 300 degrees.

Line cookie sheet with parchment paper.

Chop the almonds, pecans and walnuts. Combine in bowl in pumpkin seeds, sunflower seeds and unsweetened coconut.

Melt coconut oil and sweetener. Pour over nut combination.

Add sea salt and cinnamon. Stir until all combined.

Pour onto cookie sheet.

Bake 25-30 minutes until browned.

Can use any combination of nuts, seeds and spices.