

Gluten Free SUN Granola



PREP TIME:
10 MINUTES

COOK TIME:
30 MINUTES

TOTAL TIME:
40 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 12 Servings

Dry Ingredients:

- 2 ¼ Cups Gluten Free Rolled Oats – **(Recommended: Bob's Red Mill Brand)**
- ¾ Cup Organic Pumpkin Seeds **(Raw recommended)**
- ½ TSP Cinnamon
- ½ TSP Himalayan Sea Salt
- ¼ TSP Ground Ginger
- ¼ TSP All Spice
- **Optional Ingredients:** ½ Cup shredded unsweetened coconut or other nuts of preference

Wet Ingredients:

- ¼ Cup Organic Maple Syrup – Grade A
- ¼ Cup Organic Sunflower Seed Butter
- 1 Cup Dried Fruit **(I did 8 Pitted Medjool Dates)** – Diced
- ½ TSP Pure Vanilla Extract

Instructions:

1. Preheat oven to 325 Degrees. Cover baking sheet with parchment paper. Set aside.
2. Mix all DRY ingredients in large bowl – use silicone baking spatula.
3. Mix all WET ingredients in separate bowl until completely blended – be sure to break apart fruit so doesn't lump together.
4. Pour wet ingredients into dry ingredients. Mix until all ingredients completely covered.
5. Pour ingredients onto baking sheet and spread out evenly.
6. Bake 10 minutes – then mix. Back in oven another 10 minutes – mix again.
7. Bake another 10 – 12 minutes – keep an eye on the granola ensuring it does not burn.

8. Remove from oven to cool. DON'T MOVE THE GRANOLA for at least 20 minutes. This way it gets that delightful crunch.
9. Once completely cooled, store in airtight container.

***Try and use all organic ingredients if possible.**

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