



SANDY'S HOMEMADE GRANOLA

INGREDIENTS

- ¼ cup shredded coconut – sugar free
- 4 cups rolled oats**
- 1 cup flaked cereal***
- ¼ cup ground flax seed
- ½ cup unsalted pumpkin seeds
- ¾ cup sliced almonds
- 1 cup apple cider**
- ¼ cup maple syrup or honey
- 1 tsp cinnamon**
- ¼ tsp nutmeg
- ½ tsp sea salt (optional)
- 1 tsp vanilla**
- ½ cup dried cranberries (without added sugar or oil)
- ½ cup dried black mission figs - diced
- ½ cup dried apricots - diced

DIRECTIONS

1. Heat oven to 300 and toast coconut until brown – about 7 min– set aside.
2. In a small saucepan, bring apple cider to a boil and simmer until reduced by ½ - then add maple syrup and spices.
3. While cider is cooking, mix the next 5 dry ingredients together: oats, cereal, seeds, almonds in a large bowl.
4. Pour the reduced apple cider mixture onto the dry ingredients and toss together until moistened.
5. Divide in half and spread evenly over 2 cookie sheets, and bake until golden brown – about 40 min – stir every 15 – 20 min.
6. Cut up dried fruit and toss with toasted coconut to prevent pieces from sticking together. If the dried cranberries are too hard, soak in warm water until softened then dry with towel before adding to the dried coconut.
7. Add dried fruit - toasted coconut mixture to the granola and let cool completely. Store in air-tight container.

- I use Heritage Flakes by Nature's Path but you can use any whole grain flaked cereal
- The **bolded ingredients** are the essential backbone of the recipe - you could make it with only these if you want or add everything. Feel free to play around with other nuts, dried fruit, or spices to give it some variety.
- For a delicious filling breakfast, top the granola with fresh blueberries, raspberries, strawberries, and almond milk.
- This is what I eat for breakfast every morning!