

MAPLE SYRUP GRANOLA

This is one of the best things I have ever tasted. I make big batches to give to friends and family often. I love it on greek yogurt with fresh berries or sometimes just right out of the jar. Watch out this can get addictive.
Makes about 12 servings (1/2 cup)



INGREDIENTS

3 cups of thick rolled oats
1 cup of pumpkin seeds
1 cup of sunflower seeds
1 cup of coconut flakes (unsweetened)
1 ¼ cups of raw pecans
½ cup chopped almonds
½ cup of chopped walnuts
½ cup of organic Coconut Palm Sugar
2 tsp. of salt
½ cup of coconut oil
¾ cup of maple syrup (organic grade B if possible)

METHOD

Heat oven to 300 degrees, mixed all dry together then add olive oil and maple syrup and toss. Spread on parchment paper on cookie sheet, cook for 40-45 mins watch to not burn, then let cool.