

GRANOLA

BY BETSY HICKS

INGREDIENTS:

- 2 cups assorted raw nuts and raw seeds
- 1/2 GF Oats
- 1/4 cup coconut oil
- 1/4 - 1/2 cup honey, rice syrup or tapioca syrup
- 1/2 cup dried fruit (such as cherries, cranberries, raisins, or blueberries)
- pinch of salt

DIRECTIONS

Heat a dry heavy skillet and toast thickest nuts until they become aromatic or lightly tan. Add lighter nuts and seeds and continue to toast until they are golden brown. Remove and set aside in a bowl. Add oil to hot pan and toast oats until golden. Pour them into the bowl with the nuts and mix.

Add syrup or honey to hot pan to soften and liquefy. Use more syrup if you wish to form bars. Pour warm syrup into bowl with the nuts and toss until well coated.

Sprinkle with a little salt and pat mixture onto wax paper. Form into bars or crumble for cereal. Store in an airtight container in the freezer.

NUTS

HAZELNUTS
WALNUTS
ALMONDS
PECANS
MACADAMIA
HICKORY
BRAZIL

SEEDS

SUNFLOWER
SESAME
POPPY
CHIA

