

Granola



Time: 45-60 minutes (prep 15 minutes, baking 30-45 minutes)

Serves: 15

Ingredients: 3 cups gluten-free oats
½ cup gluten-free flour
½ teaspoon salt
1 teaspoon cinnamon (or to taste)
½ teaspoon cardamom
1 cup slivered/chopped almonds, cashews, or pecans
½ cup dried fruit such as chopped dates, raisins, craisins, cherries, blueberries, apricots
½ cup virgin coconut oil or ghee
½ cup water
¼ cup maple syrup

Directions:

1. Preheat oven to 325 degrees F.
2. Line a large baking sheet or casserole dish with parchment paper.
3. Combine all ingredients in a large mixing bowl.
4. Combine coconut oil, water, and maple syrup in separate bowl and pour over dry ingredients.
5. Mix until combined and mixture is moist.
6. Pour mixture onto baking sheet and evenly distribute (should be about 1" thick). Press down with hands.
7. Place in oven for 15 minutes, then flip the large sections being careful not to break the clumps too much.
8. Bake for an additional 10-20 minutes until golden brown.
9. Remove from oven and let cool (granola will form clusters as it cools).
10. Store in airtight container in the refrigerator.