



## Vanilla Maple Granola

2 cups organic whole rolled oats  
1 cup sunflower seeds  
1 cup raw nuts (chopped almonds, walnuts, pecans, cashews)  
½ teaspoon sea salt  
¼ cup shredded coconut (optional – I use more)  
1/3 cup maple syrup  
1/3 cup extra virgin coconut oil, melted  
1 tablespoon real vanilla extract  
1 cup dried fruit (raisins, chopped apricots, cranberries) I added this and like to add it in when the granola has only 10 minutes left til done.

Preheat the oven to 350 degrees. Combine oats, seeds, nuts, salt and coconut in a large bowl. Whisk together the maple syrup, oil, and vanilla and pour over the dry ingredients. Spread out in a large Pyrex baking dish or a couple of jelly roll pans. Make sure the granola is not piled on too high.

Bake for 25 – 30 minutes or until golden, stirring twice during the baking (I add the dried fruit during the second stirring). Store in a large cereal container and enjoy!

This granola makes a fantastic gift!

From: Jamie Greenwood, Food and Body Coach at [www.jamieliving.com](http://www.jamieliving.com)