

Mama's Granola

INGREDIENTS

3 cups old-fashioned rolled oats
1 cup pumpkin seeds
1 cup sunflower seeds
1 cup coconut flakes
1 cup walnuts or pecans, coarsely chopped
1/2 cup pure maple syrup
1/2 cup extra-virgin olive oil
1/4 cup packed light-brown sugar
1/2 cup freeze dried strawberries or blueberries
Sea salt

INSTRUCTIONS

Preheat oven to 300 degrees.

Place rolled oats, pumpkin seeds, sunflower seeds, coconut, walnuts, maple syrup, olive oil, sugar, and 1 teaspoon salt in a bowl and mix until well combined. Spread granola mixture in an even layer on a rimmed baking sheet. Transfer to oven and bake, stirring every 10 minutes, until granola is toasted, about 40 minutes. Remove pan, and let cool.

Toss freeze dried fruit with granola. Store in an airtight container for up to 1 month.

Some granola meal planning suggestions...

- Yogurt parfait with granola and fruit
- Apples or bananas with peanut butter and granola
- Flax waffles with nut butter and granola
- Add into your favorite trail mix
- Sprinkle on oatmeal for a twist!