

Coconut Oil **GRANOLA**

Recipe adapted from Hungry Girl Por Vida

INGREDIENTS:

- 3 cups rolled oats
- 2/3 cup slivered almonds
- 2/3 cup sunflower seeds
- 1 cup coconut chips
- pinch of kosher salt
- 1 t cinnamon
- 1/2 t cardamom
- 1/2 cup coconut oil
- 1/4 cup honey
- 1/4 cup brown sugar
- 1 T maple syrup
- 1 t vanilla extract
- 1 cup dried cherries or any other dried fruit

DIRECTIONS:

1. Preheat your oven to 325°F. Line a large baking sheet with parchment paper.
2. In a large bowl, stir together the oats, nuts, sunflower seeds, coconut, salt, and spices.
3. In a small saucepan melt the coconut oil with the honey, brown sugar, and maple syrup. Add the vanilla extract. Pour over the oats and stir until evenly coated.
4. Pour onto the prepared baking sheets making an even layer. Bake for 15 minutes. Stir and continue to bake at 10 minute intervals until uniformly golden.
5. Allow to cool completely on the baking sheet. Sprinkle with dried cherries. Break up and store in an airtight container. Eat over yogurt, with milk, or just by the handful.