

## Easy, Healthy, Homemade Granola

### Ingredients

- 3 cups raw, whole rolled oats organic
- 3/4 cup raw nuts, chopped
- 1/3 cup raw pumpkin seeds
- 3/4 cup unsweetened dried fruit, chopped
- 3 tablespoons Kulp's raw honey (buy it in our store!)
- 3 tablespoons Organic virgin coconut oil
- 1/3 teaspoon organic vanilla extract
- 1/4 teaspoon Redmond's sea salt

### Directions

Preheat the oven to 300

Combine all ingredients in a mixing bowl. Use hands to mix well. Be aware- it is sticky and messy! If coconut oil is solid, your hands will help it to melt. Make sure everything is well blended!

Cover cookie sheet with natural parchment paper and spread it thin on the baking sheet. Bake for 10 minutes, until very lightly toasted.

If you want raw granola, do not heat in the oven. Do the same mixing step. But then, place granola on trays lined with parchment paper in your dehydrator and run for 5 hours. Check after 5 hrs, then see if dry enough. If not, put it back for 1-1.5 hours. Additional time at 115 degrees in dehydrator.

Cool before serving or storing.

Keep in cool, airtight container for up to 2 weeks. Glass jars work well for storage and it will keep longer in the refrigerator.

