

# POWER GRANOLA

Makes 12 servings



## INGREDIENTS

3 cups old-fashioned rolled oats  
(not "instant" or "quick cooking")  
1 cup ground flaxseed meal  
1 cup unsalted raw sunflower seeds  
1 cup unsalted raw pumpkin seeds  
1 cup sliced raw almonds  
1 cup unsweetened shredded coconut  
1/2 cup maple syrup  
1/2 cup olive oil or nut oil, such as hazelnut,  
coconut, or walnut  
1/2 teaspoon salt

## INSTRUCTIONS

Preheat the oven to 325°F. Rub a little oil on 1 large baking sheet or 2 smaller ones.

Combine all of the ingredients in your biggest bowl and toss with your hands until all the seeds and nuts have gotten to know each other well.

Spread the granola on the baking sheet(s) and bake for 15 minutes. Check to see if the edges are beginning to darken, and stir the granola gently with a spoon. Continue baking until golden and toasty, about 15 minutes.

Let cool completely. Then crunch away. The granola can be stored, covered tightly, in the fridge for at least 2 weeks.

\*Play With It

Before baking, add 1 teaspoon vanilla, cinnamon, or ginger.

After baking, toss in dried fruits such as cherries, raisins, or chopped apples.

Amp up the power with 1 cup of chia, sesame, or hemp seeds; add to the mix before baking.