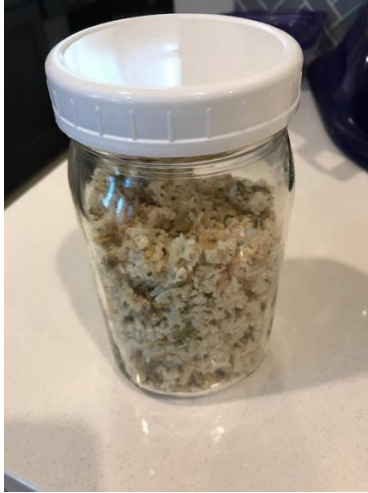


Coconut Granola



- 1/4 c. oats (optional)
- 2 T. maple syrup
- 1 T. chia seeds combined with 3 T. water
- 1/2 c. coconut oil, melted
- 3 c. shredded unsweetened coconut
- 1 t. vanilla
- 1/2 t. sea salt
- 1/4 c. sprouted pumpkin seeds
- 1/8 t. almond extract

Combine all ingredients in a medium sized bowl and stir to combine.

If using a dehydrator, prepare trays with either baking paper or silicone liners. Spread mixture evenly on the trays in a layer about 1/4 inch thick. Place in dehydrator on 120 degrees F, for about 12 hours (time will vary depending on humidity, and your dehydrator). Note, granola will not brown in the dehydrator.

If using the oven, spread mixture on a rimmed baking pan and bake at 300 degrees F for about 20 minutes.

Serve with yogurt, fruit, or your choice of milk.

© Betsy Leighton 2021 / dairyfreegaps.wordpress.com