

Homemade Granola Recipe

This is a lower sodium and sugar granola than most store-bought. Coconut is a source of saturated plant fat. But the small amount used in this recipe makes this granola taste awesome. Each serving is within heart health recommendations at only 2g per 1/3 cup serving.

This makes an excellent topping for plain Greek yogurt.

Yields: 6 cups

Ingredients:

4 ½ cups quick cook rolled oats

½ cup/125ml each unsalted raw pecans, pumpkin seeds, sunflower seeds

Orange rind zest from 1 whole orange

½ cup/125ml real maple syrup

1/3 cup/75ml unsweetened coconut

1/3 cup/75ml avocado oil

Method:

1. Preheat oven to 275 degrees F
2. In a large bowl, mix together oats, pecans, seeds, orange rind, maple syrup and coconut.
3. Add avocado oil into oat mixture. Gently stir until fully coated.
4. Spread mixture on parchment sheet lined cookie sheet.
5. Bake in preheated 275 degree oven for 1 hour. Stir every 15 minutes.
6. Let cool. Store in airtight container for up to 2 weeks.