

Ingredients

- 3 cups old-fashioned oats
- 1 cup coarsely chopped nuts*
- ½ cup seeds *
- ½ Tablespoon ground cinnamon
- 1/4 teaspoon Kosher salt
- 1/3 cup honey
- 1/3 cup nut butter
- 3 tablespoons mild tasting oil like grapeseed, vegetable, or canola, or unrefined coconut
- 1 cup dried fruit (raisins or cranberries, or other fruit cut into small pieces)

NOTES

- For gluten-free granola, make sure the oats were processed in a gluten-free facility.
- Any nuts will work: cashews, almonds, pecans, hazelnuts, walnuts
- Combine any mixture of seeds: chia, flax, hemp, sesame
- Storage: Granola can be stored in an airtight container at room temperature for up to 1 month.

Rooted Nutritional Nugget

Adding chia, flax or hemp seeds is an easy way to get essential omega-3s into the body which aid in brain function, vision, mood, bone and heart health and also help reduce inflammation.

Instructions

1. Preheat oven to 350° F.
2. Line a rimmed baking sheet with parchment paper or a Silpat mat. Mix first 6 ingredients (oats through salt) in large bowl.
3. Mix honey, oil, and nut butter in a smaller bowl.
4. Pour honey mixture over oat mixture; toss to coat evenly. Spread oat mixture on the prepared sheet. Bake until golden, about 25 minutes.
5. Place sheet on a cooling rack. Stir granola breaking up any large chunks; cool.
6. Mix in dried fruit.

