



SUPERFOODS GRANOLA

INGREDIENTS:

1 cup gluten free oats
1 cup ground almonds
1/3 cup coconut oil (liquid)
3 tbs. water
2 tbs. chia seeds
2 tbs. hemp seeds
3 tbs. maple syrup
1/4 tsp. cinnamon (or more)
Sea salt to taste
Optional: sprinkle of nutmeg



DIRECTIONS:

1. Preheat oven to 325 F.
2. Mix chia seeds and water in a small bowl. Set aside until gelled (1-2 minutes).
3. Combine all ingredients in a bowl and mix until everything is evenly distributed and has caked together.
4. Bake in the oven for about 15 minutes or until crisp and golden brown. You may wish to use the broil setting for the last few minutes.

Notes: This recipe is meant to be low-sugar. If you would like it sweeter or saltier spruce it up to your liking! It is also meant to be slightly chewy as to make for a great morning cereal! If you would like it less chewy, reduce the amount of chia seeds to 1 tbs. and combine with only 1 tbs. of water.