

Coconut Almond Granola

HolisticQ signature recipe

Breakfast!

When you are in the mood for a delicious, healthy start to the day, try your hand at this awesome granola made right in your own oven! Serve with milk (dairy or other) and berries if desired.

- 2 cups rolled Oats
- 1/2 cup flaked Coconut
- 1/2 cup Flax Seed (or Flax Meal)
- 1 cup sliced Almonds
- 1 or 2 tsp Cinnamon
- 1 stick (1/2 cup) Butter (or Coconut Oil)
- 1/2 cup pure Maple Syrup (or Honey)

Make it...

Mix all dry ingredients in a mixing bowl. Melt butter or Coconut Oil and combine with Maple Syrup. Pour Butter/ Maple Syrup mixture over dry ingredients, and fold in until evenly moistened. Place mixture on baking sheet lined with parchment paper in single layer. Bake in pre-heated oven at 350* for approx. 10 minutes. Remove and turn granola with spatula and return to oven for another 10 minutes or until desired color is achieved. Remove from oven and cool. Serve and enjoy!!!