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## Best Ever Homemade Granola

3 cups	rolled oats
2 cups	mixed raw nuts and seeds (try hemp, sunflower, pumpkin, almonds-chopped, cashews, walnuts)
½ cup	whole grain flour (try brown rice, spelt, coconut, or kamut)
½ tsp	cinnamon
¼ tsp	sea salt
½ cup	butter
½ cup	maple syrup
1 tsp	vanilla extract

Tasty variation: add ½ cup of organic raisins or cranberries after baking

Preheat oven to 320 F. In a large mixing bowl, combine oats, nuts, flour, cinnamon and salt; mix well. In a sauce pan, on low heat, melt butter, syrup and extract (careful not to burn). Take off stove when completely melted. Slowly pour wet ingredients over dry ingredients, using a spatula to fold and evenly coat the dry mixture with the wet. Spread on cookie sheet or in a glass pan and bake. Turn granola every 30 minutes so it toasts evenly. Bake until granola is dry and golden (about 1 hour). Store in a glass container.

Yield: 8 – ½ cup servings

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## Nutritional Value of Select Ingredients

**Oats** – This grain is a great source of complex carbs, and is high in protein and fibre. They can help normalize blood sugar levels, and are good for a sluggish thyroid. Oats are high in tryptophan, iron, and phytochemicals.

**Sunflower Seeds** – These seeds are great for those with high blood pressure, as they are very high in potassium and very low in sodium. They are high in protein, fibre, B vitamins, and vitamin E.

**Walnuts** – These nuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are high in protein, fibre, minerals, and vitamins.

**Cinnamon** – This spice has antiseptic properties, is a digestive aid, has anticancer properties, and is beneficial for the heart, lungs, and kidneys. It also helps lower blood pressure and makes insulin more efficient.

**Maple Syrup** – This natural sweetener contains a high amount of manganese, which is essential for energy production and antioxidant defenses. It is also high in zinc, required for good arteries, skin, and the immune system.

**Pumpkin Seeds** – These mighty seeds actually contain more iron than liver by weight, and are an excellent source of essential fatty acids (EFA's), protein, calcium, and phosphorus. They are commonly used to alleviate prostate problems, as they are high in zinc. They are also anti-parasitic and used to combat intestinal worms.