

CINNAMON-APPLE SPICED GRANOLA (grain free)

gluten & dairy free

makes about 4 1/2 cups

- 2 cup RAW MIXED NUTS
- 2 tbsp GROUND FLAXSEED
- 1 tbsp CINNAMON, GROUND
- 1/2 tsp NUTMEG, GROUND
- 1 tsp ALLSPICE, GROUND
- 1/4 tsp GINGER, GROUND
- 1/4 tsp SEA SALT
- 7 DATES, MEDJOOOL, pitted, chopped
- 1/2 cup UNSWEETENED APPLESAUCE
- 2 tbsp COCONUT OIL, UNREFINED
- 2 tbsp 100% PURE MAPLE SYRUP
- 1 tsp PURE VANILLA EXTRACT

1. Preheat oven to 325 degrees. Line a large rimmed baking sheet with parchment paper.

2. Combine nuts (I used cashew, walnut, pecan, hazelnut & almond mix), chopped dates, spices, flaxseed and salt in a food processor or blender. Pulse a few time until a crumbly mixture is formed.

3. Heat coconut oil, applesauce and maple syrup until melted slightly; whisk with vanilla extract until smooth. Add nut mixture and stir until well coated. Pour granola in an even layer on the prepared baking sheet. Bake for 25-30 minutes or until golden brown, turn every 8-10 minutes. Crumble and let cool. Serving size about 1/4 cup.

Great with unsweetened vanilla almond milk, berries and a little Stevia!

VARIATIONS: Add unsweetened shredded coconut, dark chocolate, raisins, other nuts or seeds.

NUTRITION INFO PER SERVING: 120 calories, 9g fat, 2.5g sat fat, 80mg sodium, 9g carb, 2g fiber, 6g sugar, 3g protein

**Recipe adapted from Multiply Delicious blog, <http://www.multiplydelicious.com/thefood/2012/11/apple-pie-paleo-granola>*