

Maple Nut Granola

Recipe by Michelle Vodrazka from Joyous Health

JOYOUS HEALTH

Ingredients:

- 2 cups slivered almonds
- 1 cup pecans, chopped
- 1/2 cup chia seeds, ground
- 1 cup dried unsweetened shredded coconut
- 1/2 cup freshly squeezed orange juice
- 5 tbsp local real maple syrup
- 1/4 c unsweetened applesauce
- 2 tbsp coconut oil
- 1/2 cup flax meal* (ground flax) or ground almonds

Instructions:

1. Preheat oven to 325 degrees F.
2. Mix together nuts, chia and coconut in a large bowl and set aside. In a small saucepan over medium heat, mix orange juice, maple syrup, coconut oil and applesauce until everything has melted together and is well combined.
3. Pour liquid ingredients over dry seeds and nuts. Pour granola into a deep baking sheet lined with parchment paper and spread out evenly.
4. Bake for 40-50 mins or until granola is golden brown, making sure to stir every 15 minutes because the outside edges tend to brown faster. Allow to cool completely and mix in ground flax before storing in an air-tight container.

Notes:

*The reason I suggest you add the ground flax AFTER you've baked it to prevent any rancidity of the fats. Alternatively use ground almonds, otherwise known as almond flour. Another option: Whole flaxseeds can be heated lightly as the phytonutrients protect the good fats. JOYOUS OPTION: I would suggest you zest some organic orange peel (about 2 tbsp) and mix that in to the granola as that would really bring out the orange flavour!