

Cranberry Ginger Granola

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- Makes about 7 cups granola
- 5 cups rolled oats
- 1 cup raw walnuts
- 1/2 cup raw pumpkin seeds
- 1/2 cup unsweetened coconut flakes (unsulfured)
- 3/4 cup dried cranberries
- 2 tbsp ground cinnamon
- 2 tbsp ground ginger
- 2 tbsp coconut sugar
- 1/3 cup maple syrup
- 1/4 cup coconut oil melted
- 1 tsp salt

Instructions:

1. Preheat oven to 350F.
2. In a large bowl, toss oats, walnuts, pumpkin seeds, coconut flakes, dried cranberries, ginger, cinnamon and coconut sugar together and set aside. Pour maple syrup and coconut oil over the oat mixture and stir until well saturated. Feel free to give it a taste test and add more coconut oil or maple syrup to taste.
3. Spread the oats on a parchment lined baking sheet and cook for 30 minutes, stirring mixture every 10 minutes until oats are nice & golden. Let granola cool and transfer to an airtight container, preferably a glass mason jar.

Notes:

The digestibility of the oats will be increased if you soak them for a few hours first. Soaking neutralizes any enzyme inhibitors. Just keep in mind you will likely need to bake them for double the time if you soak them first.