

CINNAMON HONEY WELL-NOLA

2 cups sliced almonds
1 cup pecans
1 cup chopped walnuts
1 cup sunflower seeds
1 cup pepitas (shelled pumpkin seeds)
¼ cup sesame seeds
¼ cup ground flax seed, flax seed meal, or almond meal
¾ cup unsweetened coconut flakes
½ cup honey
6 tablespoons coconut oil
1 teaspoon vanilla
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon ground ginger
½ teaspoon sea salt or kosher salt
¾ - 1 cup dried cranberries, raisins, or other dried fruit

Preheat oven to 275° F. Line a sheet pan with parchment paper.

Combine all the nuts and seeds, as well as the coconut in a large bowl. Set aside.

Over low heat, combine honey and coconut oil until heated through. Remove from heat and stir in vanilla, cinnamon, cloves, ginger, and salt. Pour over nut/seed mixture and mix well.

Spread mixture onto prepared baking sheet. Bake for about 45-60 minutes, or until golden brown, stirring every 15 minutes to keep granola at the edges of the pan from burning.

Remove from oven and allow to cool. Add dried fruit after granola has cooled.