

Oatfree, Grainfree, And Sweetenerfree Granola

Breakfast- Vegan, Raw Vegan

Difficulty: Easy **Source:** Adapted from Whole Foods Cooking Everyday Cookbook by Amy Chaplin

INGREDIENTS

2-4 cups dried dehydrated almond pulp
1-2 cups sprouted raw buckwheat grouts
2-4 cups dried unsweetened coconut flakes
1/2-1 cup raw walnuts, hazelnuts, pecans or pistachios
1/2-1 cup raw pumpkin seeds
1/4-1/2 cup raw sunflower seeds
1/4-1/2 cup raw unhulled sesame seeds
1/8-1/4 cup raw chia seeds
1/2-1 tsp salt
1/2-1 tsp ground cinnamon
1/3-1/2 mesquite powder
1-2 cups freeze dried blueberries
1/4-1/2 coconut oil
1-2 tbsp vanilla (optional)

DESCRIPTION

All ingredients should be organic, especially the almonds.

DIRECTIONS

Combine dry ingredients in bowl, combine wet ingredients. Pour wet ingredients into dry and mix well.

Divide out the mixture onto two trays and bake in the oven @ 300 degrees for 15 mins, mix and spread again and bake another 15 mins, or @170 degrees for 3 hours, mixing and turning trays half way thru, or dehydrate overnight at 105-110 degrees spread out so very little granola is touching, to make sure all dries out.

NOTES

There are two sizes of granola here. If making the smaller quantity use the smaller amounts for all ingredients.

Granola should be treated as a condiment or a topping.

Mesquite Powder has a naturally earthy sweetness to it. It is part of the legume family. The mesquite tree produces bean pods which are then dried and made into a powder. Organic mesquite powder is available on Amazon, as are sprouted buckwheat grouts.

Sprouted Buckwheat grouts are provided to guests at HHI for breakfast, as is sprouted quinoa, and millet for breakfast porridge. HHI does not use almond milk, just buckwheat milk.