



Creative Juices
Consulting

Tropical Lime Granola

3 cups organic oats

1/2 tsp salt

1/3 cup organic shredded unsweetened coconut

1/3 cup ginger infused honey (can substitute any local raw honey)

1/4 cup maple syrup or elderberry syrup

1 tsp vanilla extract

1/3 cup organic lime flavored coconut oil (or add a few lime drops to reg. coconut oil)

3/4 cups combination walnut, pumpkin seeds and raw sliced raw almonds

3/4 cup combination diced dried fruit (such as: fig, persimmon, mango, pear, white peaches)

Instructions:

Preheat oven to 325 degrees and line a baking sheet with parchment paper.

In a large bowl, combine oats, salt and coconut. In a separate bowl, combine the honey, maple syrup, coconut oil, and vanilla.

Combine all the ingredients and mix well.

Evenly spread mixture onto baking sheet. Bake for approximately 25 minutes or until lightly browned, stirring every 7-10 minutes. Stir in dried fruit and nuts and bake for 7-10 minutes longer.

Allow granola to cool completely.

Store in an airtight container for up to two weeks.