



## Gluten free and grain free honey granola

*makes about 3 cups*

1 cup almonds  
1 cup walnuts  
1 cup cashew nuts  
pinch of sea salt  
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6 tbsp honey  
4 tbsp extra virgin coconut oil  
pinch of sea salt  
1 tsp powdered vanilla  
1 tsp cardamom  
1 tsp cinnamon  
1/2 cup (40 g) shredded unsweetened coconut  
2 tbsp chia seeds  
2 tbsp sesame seeds

- 1) Soak walnuts, almonds and cashew nuts in water with a pinch of salt overnight or for at least 6 hours. Soaking the nuts first removes the enzyme inhibitors, making them easier to digest.
- 2) Preheat the oven to 95° C (200° F). Drain and rinse the nuts and wipe excess water off using a clean tea towel.
- 3) Place the nuts in the bowl of a food processor or stand mixer and pulse until just coarsely chopped. If using a stand mixer you might need to help a little by scraping the nuts down the sides a few times.
- 4) In a sauce pan over low heat melt together the honey, coconut oil and sea salt stirring continually to combine. Add vanilla, cardamom and cinnamon and whisk until well combined.
- 5) Add the honey mixture to the nuts in the food processor and pulse to combine.
- 6) Add shredded coconut, chia seeds and sesame seeds to the bowl and pulse again until just until well mixed.
- 7) Spread the honey nut mixture evenly on a parchment paper on a baking tray and bake for about 4 hours - or until dry, crispy and golden in color.
- 8) Let the granola cool on the baking tray or leave it in the oven when turned off to dry completely.

Keeps for about a week in an airtight container. I added pistachios and dried pomegranate seeds for color and texture.

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**TIPS!** If you're allergic to nuts - the nuts can be replaced with a mix of e.g. sesame seeds, sunflower seeds or pumpkin seeds. Or, if for budget reasons (nuts can be quite expensive) you can replace 1/3 or 1/2 of the nuts with sunflower seeds.