



To Your Health's Grand Granola

- 3 cups organic sprouted rolled oats
- 1 cup organic shredded coconut
- 1 cup organic raisins (or naturally sweetened cranberries)
- 1 cup organic almonds, preferably soaked and dried
- ½ cup each: sprouted pumpkin seeds, sunflower seeds, and sesame seeds
- ½ cup organic sprouted wheat, spelt, or barley flour
- Place all ingredients in a large bowl and stir well to blend.
- 3 tablespoons filtered water
- ¼ cup extra virgin olive oil (or 3 tablespoons coconut oil)
- ½ cup maple sugar or rapadura
- ½ cup raw honey
- 1 teaspoon sea salt

Place these ingredients in a small bowl and stir until well blended. Pour this mixture into the large bowl of dry ingredients and stir until all is thoroughly coated. Divide granola in half and spread evenly onto 2 parchment-lined baking sheets. Bake at 200 degrees for 2 ½ to 3 hours (oven temps will vary). Cool completely. Break granola into large chunks. Place in air tight container. Enjoy!