

# Golicious Granola

This granola is my answer to a healthy breakfast, whether it is served plain or with milk or yogurt. It also more than suffices as a snack. Why “golicious”? Well, when my son Jack was little, he couldn’t say delicious.

## INGREDIENTS

1/2 cup whole raw almonds,  
coarsely chopped by hand or with a  
food processor  
1/2 cup pecans, coarsely chopped  
by hand or with a food processor  
1/2 cup walnuts, coarsely chopped  
by hand or with a food processor  
1/2 cup rolled oats  
1/4 cup flax meal  
1/4 cup unsweetened coconut

1/4 teaspoon ground cinnamon  
1/8 teaspoon ground cloves  
1 teaspoon pure vanilla extract  
1 tablespoon honey  
1/4 cup brown rice syrup  
1 tablespoon coconut oil, unmelted  
Pinch of salt  
Parchment paper

## SERVES

4-6 people

## TIME

🕒 30m

## SHOPPING LIST

1 bag raw almonds, unsalted  
1 bag pecans  
1 cab walnuts  
1 canister rolled oats  
1 bag flax meal  
1 bag unsweetened coconut  
1 jar ground cinnamon  
1 jar ground cloves  
1 jar honey  
1 jar brown rice syrup  
1 jar coconut oil  
Salt  
Parchment paper

## STEP 1

Preheat the oven to 325°

## STEP 2

Combine all ingredients in a large bowl and mix thoroughly with either a wooden spoon or your clean hands ensuring that the coconut oil is evenly mixed throughout.

## STEP 3

Cover a baking sheet with parchment and spread the mixture on the baking sheet in one thin layer; bake for 10 minutes, then mix on the baking sheet and bake for another 10 minutes.

## STEP 4

Remove from the oven and allow the granola (that may be a little tender) to cool for 15 minutes before breaking it into chunks.

## EQUIPMENT

Food processor  
Large mixing bowl  
Baking sheet, edged

## STORAGE

Store in fridge in an air tight container for 3 months.