

Hiking Boot Granola

From the kitchen of Carmela LaVigna Coyle

3 cups oats

1/2 cup shredded unsweetened coconut

1/2 cup raw sesame seeds or pumpkin or sunflower seeds (or combo!)

1/2 cup chopped raw nuts (optional)

1 teaspoon cinnamon

1/2 teaspoon salt

1/2 cup coconut oil

2/3 to 3/4 cup maple syrup

1. Preheat oven to 325*.
2. Stir together all dry ingredients, salt, and cinnamon until thoroughly mixed.
3. Add coconut oil and maple syrup. Mix well. Pour onto a cookie sheet lined with parchment paper (or not.) Flatten granola with a spatula or large spoon.
4. Bake for 20 minutes, carefully flipping the granola occasionally. Granola should be deepened caramel colored when done. Sometimes I add 5 minutes for an extra crunch.
5. Let cool before breaking into pieces. Store in an air tight container. Refrigerate! And enjoy...