

Health-ier Recipe of the Week

Use Organic ingredients whenever possible.

Coconut Butter Granola

From www.howsweeteats.com

We really enjoyed this granola, but I am calling it a "health-ier" recipe instead of a healthy recipe because it contains a grain in the form of oats. A few of the ingredients may be a little harder to find, but I have listed online sources for those. We hope you enjoy! We did!

- 2 ½ cups old-fashioned rolled oats
- 1 cup sliced almonds
- 1 cup unsweetened coconut chips (You can find it here: http://www.tropicaltraditions.com/organic_dried_coconut.htm)
- ½ cup ground flaxseed
- ½ tsp salt
- ½ cup honey
- 1/3 cup coconut butter (You can find this here: http://www.tropicaltraditions.com/coconut_cream_concentrate.htm, or you can make your own. See the note at the bottom)
- 2 Tbsp coconut oil (measured solid)
- 2 Tbsp unsalted butter
- 2 tsp vanilla bean paste (I bought mine on www.amazon.com or you could omit it.)
- 2 tsp vanilla extract

1. Preheat oven to 325°. Line a baking sheet with foil or parchment paper.
2. In a large bowl, combine oats, almonds, coconut, flaxseed and salt. Stir well and set aside.
3. Heat a small saucepan over low heat and add honey, coconut butter, coconut oil, butter, vanilla bean paste and vanilla extract. Stir until mixture is totally melted and combined. Remove from heat and pour over the oat mixture, stirring with a large spoon until the entire thing is equally moistened. Spread evenly on the baking sheet in one layer.
4. Bake for 10 minutes, toss and then bake for 10 minutes more. Toss again, then bake for about 10 more minutes, stirring every 3 minutes or so until the mixture is golden.
5. Remove from the oven and set aside to cool for about an hour. After the hour the granola should be hardened – this is when you can break it into clumps and pieces. Store in an airtight container – this stays good for a week or two.

How to make coconut butter: [yields ~ 1 1/3c]

4c unsweetened shredded coconut

In a food processor [11c works great with 4c of coconut], add the coconut and turn on until the coconut is creamy. Scrape the sides of the bowl as necessary. This will take about 6-10min. Once it's smooth, make sure to scrape the bottom + sides really well and continue to process for another 1-2min until completely drippy. Process until smooth. Store in a sealed jar, in a cool cabinet.