

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Grain Free Granola

From Paleo Magazine – Apr/May 2012

- ½ cup raw pumpkin seeds
- ¾ cup raw sunflower seed kernels
- ¼ cup raisins
- ¼ cup dried cherries
- ¼ cup unsweetened coconut flakes
- ¼ cup pure Grade B maple syrup
- 1 tsp pure vanilla extract
- ½ tsp pure almond extract

1. Mix all ingredients in a medium mixing bowl, coating everything well with the maple syrup.
2. Spread the mixture evenly on a parchment lined baking sheet.
3. Bake in a 350° oven for 12-15 minutes, or until coconut is golden. Stir once half way through.
4. Remove from oven and let pan cool on a wire rack. If you choose, now is the time to toss in a few pieces of crushed dark chocolate.
5. When completely cooled, mixture will be crunchy and delicious! Use as a snack or put some in a bowl with a little coconut milk for breakfast cereal in the morning.

*Option:* Instead of dried cherries, try diced apples and some cinnamon.