

## Healthy Homemade Granola



Quick, easy, and healthy, you can't go wrong with this homemade Bella Viva granola. This flourless, crunchy snack is packed with flavor and healthy fats! Unlike traditional granola, this recipe uses nuts and flax seed as the base which contain omega-3 fatty acids. You can even add 1 cup of your favorite Bella Viva dried fruits and nuts to make it your own!

Total Time: 50 minutes

Serves: 6

Yields: 6 Cups

Prep Time: 15 min.

Bake Time: 30 – 40 min.

### **Ingredients:**

1 ½ cups raw walnuts

1 ½ cups raw cashews

2 cups oats

1 cup ground flax seed (brown)

½ cup of honey

⅓ cup virgin coconut oil

1 Tbs. vanilla extract

1 tsp. ground cinnamon

¼ tsp. salt

⅛ tsp. ground nutmeg

1 cup of your favorite Bella Viva Orchards dried fruit and/or nuts

**Instructions:**

Preheat oven to 300° F.

In food processor, grind down walnuts and cashews until fine meal consistency. Place in large mixing bowl.

Add oats and ground flax seed to the ground nuts and whisk together. Set aside.

Combine honey, liquified coconut oil, vanilla extract, cinnamon, salt and nutmeg in medium bowl then pour with dry mixture. Mix together well.

Line full-lipped cookie sheet with parchment paper. Spread mixture evenly throughout sheet.

Bake 10-15 minutes, remove from oven and carefully stir. Return to oven and bake for an additional 20-25 minutes or until crunchy and firm. Routinely check often to make sure it doesn't burn. Remove from oven and let cool.

While base is baking, roughly chop up 1 cup of your favorite Bella Viva Orchards dried fruit and/or nuts (no need to roughly chopped if using diced or bite-sized fruits/nuts) or *try one of our favorite flavor combinations*:

1. Cherry Pecan Granola: ½ cup dried cherries and ½ cup pecans
2. Cranberry Coconut Granola: ½ cup dried cranberries and ½ cup shredded coconut (sweetened)
3. Prune and Almond Granola: ½ cup dried pitted prunes and ½ cup almonds
4. Trail Mix Granola: 1 cup Natural Blend Trail Mix

Once base has cooled, mix in the dried fruits and/or nuts.

Store in an airtight glass container and keep in freezer.