

Granola!

3 cups regular oats (not quick-cooking)
1 cup pepitas (shelled pumpkin seeds)
1 cup shredded coconut
1 cup nuts
2 TBS brown sugar
pinch of salt
¼ cup oil (olive, coconut or canola)
¼ cup maple syrup (or honey or agave syrup)

Preheat your oven to 325F.

In a large bowl, combine the oats, pepitas, shredded coconut and nuts and mix well.

Add 2 TBS brown sugar and a pinch of salt and mix.

In a small bowl, whisk ¼ cup oil and ¼ cup maple syrup (or other sweetener) until well combined.

Add liquid mixture to the dry ingredients and mix well.

Spread mixture evenly onto a cookie sheet lined with parchment paper.

Bake in a 325F oven for 20 minutes.

Stir.

Put back into the oven and bake for another 10 – 15 minutes.

Enjoy!