

## Groovy Granola

Ingredients:

- 1 tsp Nutmeg
- 1/4 tsp Salt
- 3 tbsp Coconut Oil, melted
- 3 tbsp pure Maple Syrup
- 1 tsp pure Vanilla
- 2 cups Rolled Oats (I use Gluten-Free)
- 1/2 cup Chia Seeds
- 2/3 cup Pistachios (can omit for nut-free version)
- 1/4 cup Coconut (optional)
- 1/3 cup dried Blueberries
- 1/3 cup dried Cherries or Cranberries



Whisk together nutmeg, salt, coconut oil, maple syrup and vanilla together. In a separate bowl combine oats, chia seeds, coconut, pistachios and dried fruit. Pour oil mixture over oat mixture and stir well. Pour on to a medium sized pan. Cover with foil. Bake for about 20 minutes in a 350 degree oven. Remove foil and bake for an additional 5 minutes. Allow to cool for 10 minutes before gobbling up eating. Store leftovers in an airtight container.

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