



3.19.15

Coconut Cashew Maca Granola gluten-free, vegan

- 1 1/2 cups gluten-free rolled oats
- 1 cup raw, unsalted cashews, *coarsely chopped*
- 1 cup unsweetened flaked coconut
- 3-4 tablespoons pure maple syrup
- 2 tablespoons softened unrefined coconut oil
- 1 tablespoon + 1 teaspoon maca powder
- scant 1/4 teaspoon fine grain sea salt

Preheat your oven to 300° F. Line a medium-sized baking sheet with parchment.

Spread the oats on the pan (single layer, edge to edge). Once preheated, place in the oven for 12-15 minutes, stirring halfway through, until light golden in color. Add the cashews and place back in the oven for 5 minutes. Add the coconut, maple syrup, coconut oil, maca, and salt. Mix well until fully combined (using your hands is helpful). Spread in an even layer on the pan.

Bake for 5-10 minutes, until the coconut flakes are golden brown. If you want clusters, do not stir your granola. If you don't want clusters, stir 1-2 times while baking.

Allow to fully cool on the pan. Granola will firm and turn crunchy once cooled. Store in a sealed container in the fridge for about 1 month.

Notes:

If you don't have or can't find maca, replace with 1 teaspoon cinnamon, 1/4 teaspoon ginger, and a pinch of cardamom. It won't taste the same but will still be delicious. Nutmeg, allspice, clove, etc. are all good spice choices.