

GRANOLA FOR CWC

4 -6 C Oats

2 C raw pecans, slightly chopped,

1 C raw pumpkin seeds

1 ½ T Cinnamon

½ t powdered Ginger

1 t ground cloves

½ t nutmeg

1/3 C coconut oil, warmed to liquid consistency

1 C maple syrup

Combine ingredients in large bowl. Mix spices with oats/seeds first, then add coconut oil and then maple syrup. Spread evenly on parchment covered cookie sheet. Place in oven at 325 degrees for 30 minutes. Stir and turn off oven and let finish until granola appears dried.

Add 1 C cranraisins, 1 C raisins, ½ shredded coconut, ½ C chopped candied ginger. Mix. Cool -Store in large container with lid –ENJOY

Adapted from “Straight from the Earth” by Myra/Marea Goodman