

OAT-FREE GLUTEN-FREE GRANOLA



INGREDIENTS

2-1/2 cups [quinoa flakes](#)

2 cups [buckwheat groats](#)

3/4 cup (3 ounces) raw sunflower seeds

2/3 cup lowfat shredded coconut

1 cup pure maple syrup, preferably Grade A dark amber (I use 1 cup)

1/4 cup coconut oil

2 tablespoons ground cinnamon

3/4 cups dried OR freeze dried fruit (optional)

Bake at 325 degrees for 25-40 minutes (stirring every 8-10 minutes) until golden brown.

Once golden brown, remove from the oven, add dried fruit if desired, and allow to cool.

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