

Super Healthy Granola

Swick

Makes 4 cups | Active Time: 15 minutes | Total Time: 1 hour 15 minutes

Chef's Notes

It is important that the granola be baked at a low temperature so that the oil and the fragile oils in the seeds do not go rancid, causing a bitter flavor and creating toxicity in the body. To preserve the integrity of these essential omega oils, it is important to store this granola in the fridge, away from heat and light.

Feel free to play around with the amounts and to add different ingredients. For example, you could add half a cup of ground chia seeds, but note that this will change the color of the granola—it will be a darker black color.

Step 1: Making the Granola

- 1 cup steel cut or regular oats*
- 1/2 cup ground flaxseed
- 1/2 cup unhulled sesame seeds
- 1/2 cup sunflower seeds
- 1/2 cup hemp seeds
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground stevia leaf powder
- 1/4 tsp sea salt
- 1/2 cup hemp protein powder (or hemp flour)
- 1/4 cup hemp oil**
- 1/4 cup molasses
- 3 tbsp apple juice
- 1 apple
- 1/2 cup savi seeds###
- coconut oil

To prepare the granola, first preheat the oven to 250°F (120°C).

*Note: For this recipe, you can use either steel cut oats or regular oats. We have tested the recipe with both and, surprisingly, we all preferred the texture of the one made with steel cut oats.

In a large bowl, mix together the steel cut oats, flaxseed, sesame seeds, sunflower seeds, cinnamon, nutmeg, stevia powder, salt and protein powder.

Next, mix together the oil, molasses and apple juice. Add the wet ingredients to the dry ingredients and mix to combine.

**Note: Vega Omega Oil Blend (formerly called Vega Antioxidant EFA Oil Blend) can be used instead of hemp oil.

Lastly, dice the apple (no need to peel it) and savi seeds and add to the bowl.

###Note: Savi seeds (also called sacha inchi seeds or Inca peanut) are one of the richest plant-based sources of omega-3 available. In fact, they are even higher—13 times higher—in omega-3 oil than wild salmon.

Spread on a baking tray, lightly oiled with coconut oil. Bake for 1 to 1 1/2 hours, or until slightly crisp and the apples have started to dry out. Ultimately, the time will depend on how thick you spread out the granola on the baking tray. Once done, let cool, then break into pieces. The granola will keep for up to 2 weeks in the refrigerator.

Alternatively, the granola can be dehydrated, which provides the benefit of keeping it raw. However, the extra crunch that you get from baking it is really nice.