

Sugar-free, Grain-free, Cleanse-friendly Granola

1/2 cup unsweetened coconut flakes (could also use shredded)
1/4 cup raw pumpkin seeds
1/3 cup chia seeds
1/2 cup raw walnuts
1/2 cup sesame seeds
1/4 cup raw sunflower seeds
1/4 cup pecan pieces
2 tsp. cinnamon
1 tsp. ginger powder

Pulse ingredients in a food processor or high-powered blender until desired consistency. Store in a glass jar in the refrigerator.

To Serve:

Scoop 1/4 – 1/3 cup of granola into a bowl.

Pour 1/2 – 2/3 cup almond milk or yogurt over top and let sit for about 5 or 6 minutes.

Spoon fresh (or thawed) cranberries on top and enjoy!

Optional:

- sprinkle with hemp seeds for extra protein
- briefly toast granola before serving, using heavy stove-top skillet