



Let's Go Granola

Favorite Healthy Choice Recipe of the Detroit Red Wings

INGREDIENTS:

- ½ cup pecans
- ½ cup walnuts
- ¼ cup pumpkin seeds
 - ¼ cup almonds
- ¼ cup macadamia nuts
 - ¼ cup hemp seeds
- ¼ cup ground flaxseeds
 - ¼ cup hemp seeds
- ¼ cup shredded coconut
- **1 tablespoon arrowroot starch**
 - **2 tablespoons maple syrup**
 - **1 tablespoon vanilla**
 - ¼ cup coconut oil
- **Sea salt and cinnamon to taste**



DIRECTIONS:

1. Preheat oven to 325 degrees.
2. Chop nuts and seeds and combine with melted coconut oil, maple syrup, vanilla, arrowroot starch, coconut flakes, cinnamon, and sea salt.
3. Spread the mixture over a parchment covered baking sheet.
4. Bake until golden brown (15 minutes) and let cool in the freezer until it hardens.
5. Once chilled, break into chunks and store for up to several months.

This recipe has been reviewed by board certified Lifestyle Medicine dietitians to ensure nutritional value and alignment with evidence-based healthy eating principles.



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