

# Village Health Clinic

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## RECIPES

### CRUNCHY GRANOLA

(Wheat-free, Dairy-free, Egg-free, Yeast-free)

Preheat oven to 225°F.

3 cups rolled oats

1 cup pumpkin seeds

1 cup sunflower seeds

1/2 cup hemp seeds

1 cup pecans or walnuts or almonds – nut of your choice

1 cup flaxseed meal

1 tsp. cinnamon

1/2 tsp. nutmeg

1 cup cold-pressed oil buttery spread (Earth's Balance or Becel) – softened

1 cup maple syrup or brown rice syrup or honey

#### OPTIONAL:

Add a handful of unsweetened dried cranberries, currants or blueberries.

Add a handful of unsweetened shredded coconut

Mix ingredients well. Spread thinly onto baking sheet. Bake in oven for 2-hours or until nice & crunchy. Stir occasionally & monitor closely – cooking time depends on oven.

After baking, store in airtight container in refrigerator or deep-freeze.

Serve with a handful of unsweetened dried fruit, flaxseeds, and soy or rice milk.