



## Linda's Homemade Granola

10 servings

2 hours

### Ingredients

2 cups Old Fashioned Rolled Oats  
 3/4 cup Unsweetened Coconut Flakes  
 1/4 cup Raw Honey  
 1/2 cup Pecans (chopped or broken into pieces)  
 1/8 tsp Sea Salt  
 1 tbsp Avocado Oil

### Nutrition

Amount per serving	
Calories	141
Fat	9g
Saturated	4g
Carbs	14g
Fiber	2g
Sugar	7g
Protein	2g
Cholesterol	0mg
Sodium	32mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	8mg
Iron	0mg
Vitamin D	0IU

### Directions

- 1 Heat oven to 325F.
- 2 Mix ingredients in a large bowl until thoroughly blended. I like to use my hands to be sure honey and oil are evenly distributed. It will be sticky!
- 3 Line a baking sheet with parchment paper and spread granola evenly over the pan.
- 4 Bake at 325F for 10 minutes or lightly browned. Keep an eye on it!
- 5 Stir granola and again, spread evenly on pan. Lower heat to 130F or 'dehydrate setting' if you have that option. Use a food dehydrator at this point if you prefer. Allow to bake/dehydrate for 2 hours at this setting.
- 6 When granola is sufficiently dry and crumbly, remove from oven and allow to cool completely. Store in air tight container.

### Notes

Serving size : About 1/3 cup.