

Grain Free Granola

Make this big batch of grain-free granola and it will keep your family going for a couple of weeks. The perfect way to get your family off the sugary cereals/granolas.

Prep Time: 10 mins Cook Time: 20 mins Total Time 30 mins

3 cups desiccated/shredded coconut chips/flakes
1/2 cup ground flaxseeds
2/3 cup sunflower seeds
2/3 cup pumpkin seeds
1 cup walnuts chopped
1/4 cup coconut oil melted
1 tsp ground cinnamon
1 tsp ground ginger

1. Place all the coconuts, seeds and nuts in a large roasting or baking dish with high sides.
 2. Melt the coconut oil and add the cinnamon and ginger.
 3. Pour over the grain free granola mix and mix thoroughly with a large spoon or spatula. Make sure everything has a fine coating of the oil and spices.
 4. Bake at 350F for 20 minutes.
 5. The mixture can burn very easily so I turn the mixture with the large spoon every 3 minutes.
 6. Allow to cool thoroughly and place in airtight containers.
- Add any other spices or flavorings you may enjoy such as orange zest, cardamom, cocoa powder

Serving size is 1/2 cup approx 42g. Servings: 15

Serving: 42g | Calories: 317kcal | Carbohydrates: 9.4g | Protein: 6.2g | Fat: 29.1g | Fiber: 5.3g | Sugar: 1.9g
Total Carbs: 9.4g Fiber: 5.3g

Author: Libby Jenkinson -Recipe from [Ditch The Carbs.com](https://ditchthecarbs.com)



Way I make it – I use 2 cups unsweetened shredded coconut and 1 cup unsweetened coconut flakes, add ground flaxseeds, hemp seeds, macadamia nuts, roasted pistachio nuts, pecans..basically whatever I have on hand!

Dump everything on parchment lined sheet pan then pour coconut oil-cinnamon-ginger mixture all over and use spatula to mix it really good and make single layer

Bake 10 minutes – stir rotate pan and bake another 10 minutes – cool and store in airtight container.