

Raw Honey Granola Recipe

[The Herbeevore](#)

As a beekeeper, I know honey! This raw honey granola recipe is simple, healthy, and satisfying on top of yogurt, ice cream, or a smoothie bowl. A great addition to breakfast or dessert.

★★★★★ 5 from 3 votes



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PREP TIME

5 mins

COOK TIME

25 mins

TOTAL TIME

30 mins



COURSE

Breakfast

CUISINE

American



SERVINGS

12 servings

CALORIES

389 kcal

INGREDIENTS

- 4 cups [old fashioned oats](#)
- 1/2 cup raw honey
- 1/2 cup [coconut oil](#)
- 1/4 cup [flaxseeds](#)
- 1 teaspoon [cinnamon](#)
- 1 teaspoon [vanilla extract](#)
- 1/2 teaspoon [Himalayan sea salt](#)
- 1/2 cup dried fruit
- 2 cups nuts I used almonds, walnuts, and peanuts

INSTRUCTIONS

- 1 Preheat the oven to 350 degrees Fahrenheit, and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add all ingredients and stir well with a spatula to combine.

- 3 Spread granola mixture onto baking sheet, pressing down with your spatula. Granola should be spread in an even layer.
- 4 Bake for 25 minutes, stirring the granola half way.
- 5 Remove from oven and allow to cool. Enjoy with yogurt, ice cream, or on top of a smoothie bowl!

NOTES

A Few Notes About Raw Honey - Raw honey is just honey that has not been pasteurized! We take our honey straight from the hive, and don't process or subject it to high heat. Pasteurizing can kill bad (and beneficial) macrobiotics in the honey. You can use normal store-bought honey for this recipe... it doesn't have to be raw. That is just the way we like to keep our honey. Babies under the age of 1 should not be given honey, and pregnant women should avoid unpasteurized foods. Eat responsibly!

- The best place to find raw honey is straight from your local beekeeper! Check out a farmer's market or farm stand near you - or reach out to your county or state beekeeping association to connect with beekeeper's near by. Support local bees, local keepers, and enjoy the sweet benefits.

Save Money on Fresh Produce!

I get all the fresh produce for my recipes from my garden and from [Misfits Market](#) - they sell all organic produce at a super discounted price, and it's purchased direct from the farmers. We get Misfit Market boxes every week or so and love picking out our favorite seasonal produce for delivery. You can get [\\$10 off your first box by clicking here!](#)

If you think organic produce is too expensive... think again, and give [Misfits Market](#) a look!shed avocado worked wonders!

NUTRITION

Calories: 389kcal	Carbohydrates: 38g	Protein: 8g	Fat: 25g
Saturated Fat: 10g	Polyunsaturated Fat: 4g	Monounsaturated Fat: 9g	Sodium: 103mg
Potassium: 288mg	Fiber: 6g	Sugar: 13g	Vitamin A: 4IU
Vitamin C: 1mg	Calcium: 45mg	Iron: 2mg	



KEYWORD

Breakfast Recipes with Honey, Granola with Raw Honey, Naturally Sweetened Granola, Raw Honey Granola, Raw Honey Nut Granola, Raw Honey Recipes, Refined Sugar Free Granola



Did You Make This Recipe?

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