

## Ingredients:

- 2 cups rolled oats
- 1 cup mixed nuts (such as walnuts, almonds, and pecans), chopped
- 2 tablespoons of sesame seeds
- 1/2 cup dried cranberries or cherries (unsweetened)
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cardamom (optional)
- 1/4 cup honey (or maple syrup for a vegan option)
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- A pinch of salt
- 1/4 cup finely chopped dark chocolate (optional)



## Instructions:

1. Preheat your oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the rolled oats, mixed nuts, sesame seeds, dried cranberries or cherries, ground cinnamon, ground turmeric, ground ginger, and ground cardamom (if using). Mix well to distribute the ingredients evenly.
3. In a separate bowl, whisk together the melted coconut oil, honey (or maple syrup), vanilla extract, and a pinch of salt.
4. Pour the wet mixture over the dry ingredients and stir until everything is well-coated.
5. Spread the mixture evenly onto the prepared baking sheet.
6. Bake in the preheated oven for about 20-25 minutes, stirring halfway through. Keep an eye on it to prevent burning; granola should be golden brown and fragrant when done.
7. Once baked, remove from the oven, sprinkle granola with the dark chocolate (optional), and let the granola cool completely on the baking sheet. It will continue to crisp up as it cools.
8. Once cooled, break the granola into clusters and transfer it to an airtight container for storage.

Enjoy your homemade anti-inflammatory nutty granola as a topping for yogurt, a bowl of crunchy cereal with your favorite milk, or as a snack on its own!

This information is not intended to diagnose, treat, cure, or prevent any disease for educational purposes only. Always consult with your physician.