

## Grain-No-La

Copyright HBC Organics 2018

### Ingredients

-5.5-6 cups of nuts and seeds

-3 cups of shredded coconut

-3/4 cup raw honey (or maple syrup)

-1/4 cup butter (or coconut oil)

-2 eggs

-Optional, your favorite spices like clove, cinnamon, and nutmeg.

### Directions:

Preheat oven to 300 degrees.

1. Gather all of your ingredients.
2. Put all of your measured nuts and seeds into a large bowl. Mix together.
3. Measure out 1 1/2 cups of your mixed nuts & seeds and set those aside.
4. Take the rest of the nut/seeds and pour them into a vitamix or food processor. Pulse until you get a meal-y type of texture but not completely powdered.
5. Transfer contents from food processor back into the large bowl.
6. Take the 1 1/2 cups of nuts you set aside and roughly chop them. Add them to the large bowl.
7. Next mix in the shredded coconut to the bowl. Mix all of this together well.
8. Next melt butter and honey in a small sauce pan on low heat.
9. While melting the butter and honey, take 2 eggs and whisk them together in a small bowl. Pour the eggs into the large bowl with the nuts/seeds/coconut and mix together well.
10. When the honey and butter are melted, pour them into the large bowl and mix together well.
11. Divide the contents of the large bowl onto 2 large baking sheets lined with parchment paper or silicone baking mats.
12. Press the granola mixture down and make sure that it is an even bake.
13. Bake for 20 minutes on one side, remove the pans from the oven and flip the mixtures over.
14. Bake another 10-15 minutes, watching that it doesn't get too brown on the last 5 minutes.
15. Pull from oven and allow it to cool completely before breaking it up and enjoying!