Simple Nut & Seed Granola

This simple, flexible granola is easy to throw together with whatever nuts and seeds you have on hand. It's made from whole ingredients, delivering healthy fats, plant protein and plenty of crunch, without added sugars or fillers. Perfect by the handful, over yogurt or with fresh berries.

Ingredients

(Choose any 3 or more nuts and seeds from this list)
1 cup raw almonds, roughly chopped
1 cup raw walnuts, roughly chopped
½ cup raw pecans, roughly chopped
½ cup raw pumpkin seeds
½ cup raw sunflower seeds
¼ cup chia seeds
¼ cup shredded unsweetened coconut
2 tablespoons coconut oil, melted
1 teaspoon Himalayan salt
1 teaspoon cinnamon (optional)
1 teaspoon vanilla extract (optional)

Step 1

Preheat your oven to 325°F (160°C) and line a baking sheet with parchment paper.

Step 2

In a large mixing bowl, combine the chopped nuts, seeds and shredded coconut, melted coconut oil, sea salt and optional spices (cinnamon and vanilla extract). Stir until everything is coated evenly.

Step 3

Spread the mixture in an even layer on the prepared baking sheet.

Step 4

Place the baking sheet in the preheated oven and bake for 15-20 minutes, stirring halfway through, until the nuts and seeds are golden brown and fragrant.

Step 5

Remove from the oven and let the granola cool.