Cashew Coconut Granola

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0

Ingredients:

- 1 cup rolled oats
- 1/2 cup buckwheat groats
- 1/2 cup raw cashews, roughly chopped
- 1 tbsp sunflower seeds
- 1/2 cup coconut flakes
- 1/4 cup almond meal
- 1/4 tsp salt
- 1/2 tsp cardamon
- 1/4 cup coconut butter
- 1 tbsp coconut oil
- 4-5 tbsp honey
- 1/2 tsp vanilla paste or extract

Instructions:

1. Pre-heat the oven to 300F or 150C. Prepare a baking sheet with parchment paper.
2. Combine all the dry ingredients in a bowl.
3. In a small saucepan over low heat, melt the coconut butter with the oil. Once melted stir in the honey and vanilla.
4. Pour the wet mixture into the dry and stir to combine well.
5. Transfer to the prepared baking sheet. Spread evenly and use the back of the spatula to press down on the granola this is what will help to make it chunky.
6. Bake for 30-40 minutes until golden brown. Let cool completely before baking into chunks. Store in an air-tight container in a cool place for a week, or the fridge for longer (not sure how long since it never lasts past 1 week).