



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## JULIE'S WFPB GRANOLA

### INGREDIENTS:

- 8 1/2 cups organic rolled oats
- 1 1/2 C unsweetened puffed rice
- 1/2-2/3 C unsweetened coconut
- 1/2 C date sugar or coconut sugar
- 1 tsp salt
- 2-3 tsp cinnamon +/-
- 1/2 C raw walnuts (for extra Omega 3)
- 1 1/2 C pitted dates
- 1 C filtered water (if more is needed add 1 TBS at a time until it can blend smooth)
- 1-2 TBS vanilla or almond extract
- 2/3-1 C sliced almonds and/or other nut//seed

Add after granola is cooked:

- 1 C +/- chopped dried fruit. (juice sweetened blueberries/ chopped dates/ organic raisins)

### DIRECTIONS:

- Mix all the dry ingredients together.
- Blend dates, water, vanilla or almond extract and walnuts. It doesn't have to be super smooth as the date pieces add to the texture.
- Mix all ingredients together, breaking up large wet chunks.
- Spread out onto 3 cookie sheets (if you're using a black or dark sheet, cover with parchment paper).
- Bake 250 degrees checking and stirring in :20 increments for the first hour, then about every :5-10 min there after. Because the fat is low, the oats burn more easily.
- Once the oats look light golden, take out of oven and let cool. They will crisp up as they cool. If after cooled they aren't crisp, just put back in oven a little longer, but watch carefully, as they burn easily. Add dried fruit after it has cooled. Store in large mason jars.



