

## Super Foods Granola

### Ingredients

- 4 cups rolled oats
- ¼ cup ground flax
- 1 cup roughly chopped almonds (or any other nuts you like)
- ½ cup whole wheat flour
- 2 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. ground cardamom
- ½ tsp. salt
- 1 cup pitted roughly chopped dates\*
- ¼ cup coconut oil, melted
- ½ cup water
- 1 tsp. vanilla extract
- 1 tbsp. agave nectar
- Raisins or dried cranberries (optional)



### Directions

- 1) Preheat the oven to 350 degrees. Grease a large rimmed baking sheet.
- 2) In a large bowl, mix together oats, flax, almonds, cinnamon, nutmeg, cardamom, and salt. Set aside.
- 3) In a food processor, pulse together dates, coconut oil, water, vanilla, and agave until it a paste-like consistency is attained. (You will need to scrape down the sides with a rubber spatula periodically).
- 4) Pour the date mixture into the oat mixture. With clean hands, a wooden spoon, or a spatula, mix until combined. If you like it chunky like I do, don't break up some of the clumps. 😊
- 5) Pour the granola onto the greased baking sheet. Bake at 350 degrees for 40 minutes, stirring halfway through. Set aside to cool completely.
- 6) Mix in raisins or dried cranberries (if desired) and serve. For optimal freshness, store in an airtight container and eat within three days.

\*Make sure there are no pits left in your dates. Just give each one a little squish to ensure to check. Leaving in the pits in could damage your food processor.