

Shopping List

Bulk

Unsweetened shredded coconut

Almonds

Walnuts

Cinnamon

Honey

Canola oil

Vanilla extract

Grocery

Bob's GF Oats

Ground flax seed (optional)



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Gluten-free Granola



Gluten-free Granola

INGREDIENTS

2 c unsweetened shredded coconut

2 c Bob's GF Rolled Oats*

2 c finely chopped almonds

1 c finely chopped walnuts

1 T cinnamon

2 T finely ground flax seed (optional)

1/2 c honey (or agave syrup**)

1/2 c canola oil

2 t vanilla extract

*If you are not gluten intolerant, than you can substitute regular rolled oats from the bulk department.

**Melissa's note—Use agave syrup instead of honey for a vegan version, and you could also use grapeseed oil in place of the canola.

INSTRUCTIONS

1. Preheat oven to 225°F.
2. Lightly oil a jelly roll pan (12 1/2" x 17 1/2") or a large, rimmed baking sheet with a bit of canola oil.
3. Combine coconut, oats, almonds, walnuts and cinnamon in a large bowl.
4. In a small saucepan combine the honey (or agave syrup), oil and vanilla. Heat until the honey is as thin as the oil. While mixture is on the heat source, watch it very closely as it can bubble up and boil over.
5. Pour honey mixture over oat/nut mixture and stir until it is mixed evenly and is thoroughly moistened.
6. Spread mixture in an even layer on your prepared pan.
7. Bake for 1 1/2 hours, stirring every 30 minutes.
8. Let cool and store in an airtight container.

Seattle-area author Karen Robertson has been living a gluten-free lifestyle since the late 90's. She wrote *Cooking Gluten-Free!*, which is published in a digital version (on a CD Rom) and can be purchased through her blog at www.cookingglutenfree.com.



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