



This Granola is rich in Carnitine, N-Acetyl Cysteine, Glutathione, Zinc, Copper and numerous B vitamins. All of these nutrients help to support the liver and detoxification. Enjoy !

Photos Courtesy of FakeGinger.com and Pintrest.com

INGREDIENTS

- 4 cups old-fashioned rolled oats (use gluten-free oats for gluten-free granola) - Bob's Red Mill is a great grain Source
- ¾ cup wheat germ
- 1 ½ cup Raw Nuts or Seeds (You can use all of one nut or mixture with end result being 1 ½ cups all together). Fee free to use Raw Sunflower seeds or pumpkin seeds.
 - ½ cup raw almonds,
 - ½ cup raw pecans
 - ½ cup raw walnuts
- 1 teaspoon fine-grain sea salt (if you're using standard table salt use less about ¾ teaspoon)
- 2 teaspoon ground Ceylon cinnamon (If you have liver issues be sure to ONLY use Celyon Cinnamon)
- ½ cup melted raw unrefined coconut oil (must add coconut flakes) or Olive oil (coconut flakes are optional)
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract
- ¾ cup Dried Fruit (you can use all of these dried fruits or just one as long as the final mixture is ¾ cup).
 - ¼ cup raisins
 - ¼ cup Goji Berries
 - ¼ cup chopped dates (if you want your granola a bit sweeter) or ¼ cup dried cranberries (if you want a little tartness)
- ½ cup coconut flakes (this MUST be added if making with coconut oil)

INSTRUCTIONS

1. Step One

- a. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
- b. In a large mixing bowl, combine oats, wheat germ, nuts/seeds, salt and cinnamon. Mix until blended.

2. Step Two

- a. Warm your coconut oil until it is a liquid. If it is already liquid at room temperature you do not need to heat it to melt it. You can use it as is and mix your maple syrup or honey and vanilla with it in a bowl.
- b. If solid, heat your coconut oil in a small sauce pan on low heat until melted. Remove from burner and let cool a bit for about 5-10 minutes but do not let it solidify.
- c. In the sauce pan and to your oil add your maple syrup (or honey) and vanilla and stir.

3. Step Three

- a. Pour this mixture over the oat and nut mix until the entire mixture is lightly coated.
- b. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
- c. Bake until lightly golden, about 21 to 24 minutes, stirring halfway. The granola will become more crisp as it cools, so don't over bake.

4. Step Four

- a. Let the granola cool completely, undisturbed (at least 45 minutes).
- b. Top with the dried fruit and coconut flakes.
 - i. Break the granola into pieces with your hands if you want big chunks
 - ii. Stir it around with a spoon if you prefer looser more fine granola.
- c. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.