

# Immune Boosting Granola

Recipe Courtesy of: The Better Home Life

## Ingredients:

4 Cups Oats

1 Cup mixed nuts (cashews, almonds, and Brazil nuts)

1/4 Cup sunflower seeds

1 Cup shelled pumpkin seeds

1/4 Cup hemp hearts

1 Tablespoon matcha powder

2 Tablespoons cinnamon

1 teaspoon ground ginger

1/2 teaspoon Himalayan pink salt

2 Tablespoons flax seed

1/3 Cup dried cranberries

1/2 Cup shredded dry coconut

1/3 Cup dried blueberries

1/2 Cup honey

1/3 Cup Peanut butter

2 Tablespoons Elderberry Syrup

1/3 Cup coconut oil

## Directions:

Preheat oven to 350 degrees F. Mix together the oats, nuts, sunflower seeds, pumpkin seeds, hemp hearts, matcha, cinnamon, ginger, salt, and flax seed. In a separate bowl mix the peanut butter, coconut oil, honey, elderberry syrup. Pour the wet ingredients over the dry ingredients and mix until evenly coated.

Cover a Jelly Roll pan with parchment paper. Spread the granola over the paper. Bake for 15 min. Remove from the oven and mix in the dried coconut. Bake for 10 more minutes. Remove and mix again. If the coconut is not completely toasted, bake for 2 more minutes. The granola is ready when most of the coconut is toasted but not burnt. Remove from the oven and stir in the dried fruit while the granola is still warm. Allow the granola to cool to room temperature. Store in an air tight container at room temperature for up to 2 weeks.