

LOVE THY CARROT

real food made with love

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SUPER SEED TAHINI GRANOLA

This recipe makes 4 cups

INGREDIENTS

1 cup unsweetened coconut flakes
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 sesame seeds
1/4 cup poppy seeds
1/4 cup flax seeds
1 tbsp chia seeds
1/2 tsp kosher salt
1/2 tsp cinnamon or ground cardamom
1/3 cup maple syrup, (you can increase the maple syrup to 1/2 for a sweeter taste)
2 tbsp coconut oil, melted
1/4 cup tahini paste
3/4 cup dried fruit such as apricots, currents, raisins, dates, prunes or goji berries or cherries.

DIRECTIONS

1. Preheat the oven to 300 degrees Fahrenheit. Line a rimmed baking sheet with parchment paper.
2. In a large bowl add coconut flakes, sunflower, pumpkin, sesame, poppy, flax and chia seeds. Add in the salt and cinnamon or cardamom. Mix well with a fork.
3. In a small saucepan melt the coconut oil, remove from heat. Add the maple syrup and tahini, stir until smooth. Pour this mixture over the seeds and mix well with a wooden spoon or spatula. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake for about 30 to 40 minutes or until golden. Make sure to toss the granola every 10 minutes to ensure even cooking.
5. Let cool before adding in the dried fruit.
6. Store in an airtight container.

COOKS NOTES

If you don't have tahini then you could use any nut butter such as almond or cashew thought the tahini adds a unique flavour profile.

You have an option of using either using cinnamon or cardamom. I like the cinnamon for fruit and yogourt and the cardamom for savoury dishes, like a salad topper or sprinkled on top of roasted vegetables.

I used organic unsweetened dried cherries for this batch. I try to buy unsweetened dried fruit which you can find at most health food stores.

FYI - You want to bake this at 300 degrees Fahrenheit so the seeds don't burn.