

## EarthRise Granola

1/2 cup	Raw pumpkin seeds
3/4 cup	Sunnies
3/4 cup	Whole Almonds
3/4 cup	Cashews
3/4 cup	Walnuts
1/4 cup	Sesame Seeds
1/4 cup	Brown Sugar
1 tsp	Sea Salt
2 tsp	Ground Cinnamon
1 tsp	Ground Nutmeg
1/4 cup	Pure Maple Syrup
1/2 cup	Coconut Oil, melted (measured after it is melted)
3 cups	Gluten-free Oats

### Instructions

1. Measure and mix all dry ingredients.
2. Add melted oil and maple syrup to dry ingredients. Mix by hand.
3. Spread parchment paper over sheet pan.
4. Set oven to 300 degrees. Toast for 15 minutes. Stir. Toast for additional 10 minutes.
5. Cool completely. Store in airtight container.