

Dr. Hartman's Grain-Free Brain Granola

This recipe can be doubled to create a larger serving. Because there are no preservatives in it, plan on eating it in 2-3 weeks after making it. I sometimes change the ratios based on my family's preferences. Use this recipe as a base and modify the quantities depending on what your family likes.



Ingredients

- **1/2 - 3/4 cups extra virgin olive oil** (or 1/2 - 3/4 cups melted coconut oil depending on preference)
- **1 tbsp cinnamon**
- **1/4 - 1/2 cups maple syrup** (depending on preference)
- **1/4 - 1/2 cups of raw honey** (depending on preference)
- **Optional ~1 tsp of nutmeg to taste**
- **2-3 tsp of sea salt**
- **4 cups almonds** (raw unpasteurized or steam pasteurized)
- **2 cups pecans** (raw unpasteurized)
- **2 cups walnuts** (raw unpasteurized)
- **1/2 - 3/4 cups of sunflower seeds** (depending on preference)
- **1/2 - 3/4 cups flax/chia seeds** (depending on preference)
- **2 cups coconut flakes**
- **1 tsp Bragg's apple cider vinegar**

To make more servings so that your granola goes further, you may add in 4 cups of sprouted oats. See note in Step 3.

Step 1

Mix all the nuts and seed ingredients together in a glass bowl and fill with filtered water to just covering the nuts. Add Bragg's apple cider vinegar and salt. Let soak overnight 12-24 hours, mixing several times during the soaking period.



Step 2

Grind up the mixture in a food processor and put in a large metal bowl.

Step 3

If adding oats, add in this step. Mix in extra virgin olive oil then add in maple syrup and honey. You can use $\frac{3}{4}$ cup maple syrup only if you prefer not to use honey. Mix thoroughly.

Step 4

Add in cinnamon powder and (optional) nutmeg. Mix thoroughly.



Step 5

Add in coconut flakes and mix.

Step 6

Spread contents on pans or plates and put into a dehydrator to dry for 24-48 hours until crispy. If you don't have a dehydrator, you can put in metal or glass pans and put in oven on low (200F). If using an oven, mix often to prevent burning.

Step 7

Once dried, put in a sealed container and store in a cool, dark area (out of reach because it may disappear fast!).

Note

If you choose to add in oats, it will not be a grain-free recipe.