

Herbal Legacy Recipes

RAW GRANOLA

This delicious and healthful recipe is from the book "Regenerative Diet" by Dr. John R. Christopher M.H., N.D.

INGREDIENTS:

- 6 c. oatmeal
- 1 c. sesame seeds
- 1 c. sunflower seeds
- 1 c. chopped dates
- 1 c. pumpkin seeds
- 1 c. shredded coconut
- 1 c. pecans
- 1/2 c. wheat germ
- 1 1/2 tsp. grated orange rind
- or 1/2 tsp. ground anise (optional)



DIRECTIONS:

1. Mix together.
2. Serve with nut milk.
3. Add a little honey or Agave if needed.
4. Top with berries, bananas, whatever fresh or frozen fruit you would like.

Store granola in jars or in freezer bags. Keep in a cool place.

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