

# Herbal Legacy Recipes

## Raw Granola

from Regenerative Diet

### **INGREDIENTS:**

- 6 cups raw oat meal
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup chopped dates
- 1 cup pumpkin seeds
- 1 cup shredded coconut
- 1 cup pecans
- ½ cup wheat germ
- 1 ½ teaspoon grated orange rind or ½ teaspoon ground anise (optional)

### **DIRECTIONS:**

Mix together. Store in jars. Keep cool. Serve dry (chew thoroughly) or with nut milk. Add a little honey if needed.

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<http://www.herballegacy.com/Recipes.html>

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