

Eden's Yummy Granola

Candida Friendly

3 cups oats

1 cup raw slivered almonds

1 cup raw pepitas

1 cup pure maple syrup

½ cup grapeseed oil

½ tsp. salt

Mix ingredients well. Spread evenly in 2 pans (you don't want it too thick or it'll take longer to bake). Bake at 250 degrees for one hour and 10 minutes. Mix and turn over granola every 20 minutes to get an even toasting.

Sprinkle on strawberry yogurt for a fast and healthy treat. See recipe for strawberry yogurt.