**Delectable Granola**

**Dry Ingredients**

3 cups rolled oats

½ cup shredded unsweetened coconut

2 teaspoons wheat flour or spelt flour

½ teaspoon sea salt

2 tablespoons ground cinnamon

½ teaspoon ground ginger

½ cup sunflower seeds

½ cup chopped almonds

½ cup chopped walnuts

2 tablespoons sesame seeds

1 cup unsulfured dried fruit (apricots, cherries, raisins, and/or dates), rinsed and chopped

**Wet Ingredients**

¼ cup warmed ghee or light vegetable oil such as sunflower

½ cup pure maple syrup

1 tablespoon vanilla extract

**Directions**

* Preheat oven to 325ºF.
* Combine the oats, coconut, flour, salt, cinnamon, and ginger in a large bowl and mix well. In another bowl, mix the sunflower seeds, almonds, walnuts, and sesame seeds.
* Stir all the wet ingredients into the oat mixture, ensuring that everything is equally coated.
* Spread the wet oat mixture evenly on a large baking sheet covered with parchment paper or lightly coated with oil.
* Bake 10 to 12 minutes, or until the granola is nicely browned.
* Remove from the oven and add the nut and seed mixture, then return to the oven for another 10 to 12 minutes, or until crisp.
* Remove from the oven and add the dried fruit.
* Let cool to room temperature before storing in a glass or plastic airtight jar.

**Notes**:

As is, this recipe is best for Kapha and Pitta types. If your Kapha is high, you can use half the amount of nuts. Pitta types can replace the ground ginger with cardamom. Vata types can occasionally enjoy this granola, but to soften it, make sure to heat some milk and soak the granola in it for 5 minutes before eating.