

## Sugar-free Caramel Granola

### Ingredients:

- Gluten-free Old-fashioned Rolled Oats – 8 cups
- Apple Juice-sweetened Cranberries – 1 Cup
- Austrian Pumpkin seeds – ½ Cup
- Buckwheat groats – ½ Cup
- European Walnuts - ½ Cup
- Fennel seed powder – 1 Tbsp
- Unrefined Palm Fruit oil – 4 Tbsp
- Extra virgin Unrefined Coconut Oil – 4 Tbsp
- Sea Salt – 1 Tsp
- Barley Malt Syrup – 1 Cup
- Lemon Zest - 2 Tbsp
- Optional: Organic Veg. Glycerin  
Vanilla extract (Alcohol-free) – 1 Tsp

### Instructions:

Place all the dry ingredients, except pumpkin seeds, walnuts, fennel powder, in a large plastic-free bowl. Mix thoroughly. In a separate bowl, hand crush the walnuts and combine with pumpkin seeds, and set aside to combine after baking is done. In a small stainless steel sauce pot, combine the Palm Oil, Coconut Oil and Fennel seed powder on medium high for about a minute or until the bubble begins to form. Immediately remove from heat, and dispense into a pyrex glass pouring jar and work into the dry ingredients mixture. Be fast in your mixing in order to thoroughly incorporate the syrup with the dry ingredients. After mixing, then equally divide and place into the ½ inch aluminum-free and PFOA-free, non-stick silicon-coated baking pans. Bake either on low (170F) for 5-7 hrs or 10-12 hrs in a horizontal-wind (even distribution of heat) dehydrator at 100-109F. Be sure to check every hour or couple hours and gentle nudge the granola for better heat exposure. Once done, remove from oven, break up chunks into bite size pieces, and combine the pumpkin seeds and broken walnuts with the cooked granola. Store in a large glass container until ready for use with nut milk or organic soy buttermilk.