

CHERRY GRANOLA

Contributed by Nancy Riedesel & Sheri Yohe (The Chefettes)

Ingredients:

Dry Ingredients:

- 2 c. Rolled, gluten-free oats, soaked – Bob’s Red Mill
- 1 c. Buckwheat, sprouted
- ½ c. Raw sunflower seeds, soaked
- ½ C Chia Seeds

Wet Ingredients:

- 1 med (½ c.) red beet (or beet pulp)
- 6 large, pitted Medjool dates, blended in
- ¼ c. Orange (or Pineapple) Juice
- 2 Tbsp. Agave nectar
- ½ tsp ground cardamom
- ½ tsp Cinnamon
- ¼ tsp nutmeg
- ¼ tsp Star Anise
- ¼ tsp sea salt

Mix in:

- 2 c. Coconut flakes
- 2 c. Dried pineapple, chopped
- ½ c. Dried cherries

Directions:

Soak the oats and buckwheat together in a bowl overnight. Drain and rinse well.

Place the oats, sunflower seeds, buckwheat and Chia seeds in a med-sized bowl and set aside.

(If the dates are hard you may soak them in the ½ cup OJ (or pineapple juice) for 15 minutes)

Place the wet ingredients in a blender and process until it becomes a sauce.

Mix the red sauce and dry ingredients together.

Crumble loose chunks of this mixture onto 2 mesh dehydrator sheets and dry at 110 degrees for 8 hours. This mix dries quicker than most granolas.

Once dry, place in a large bowl and stir in the coconut flakes, pineapple and cherries, or any other dried fruit of choice.

Storage and serving tips:

Enjoy Cherry Granola with nut milk, or just as a snack by the handful. This will store well for several weeks in an airtight glass container at room temperature.

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