

## GF / CF Granola

Ingredients:

1/3 cup honey

1 cup orange juice

1 tsp gluten free vanilla flavoring

Dash of salt.

1 ½ cups rice flakes

½ cup buckwheat flakes

½ cup quinoa flakes

¾ cup coconut flakes

1 cup slivered almonds

1 cup dried fruit (your choice) \*bananas, mangoes, pineapple, cranberries, raisins...

¾ cup sunflower seeds

¼ flax seeds

¼ cup sesame seeds

¾ cup pumpkin seeds

Preheat oven to 300° F

Directions:

Bring to honey and orange to simmering, and blend. Add gluten free vanilla and a dash of salt.

In a separate bowl mix together all remaining ingredients.

Pour orange juice / honey mixture over top and mix well.

Pour this mixture into one or two baking pans and bake for 30 minutes. Store cooled granola in an airtight container in refrigerator. \*Great as a cereal or a snack!

Rhonda Spellman © 2009