

Dehydrated Granola (Renegade Health. Com)

2 cups spouted buckwheat

1 cup sprouted sunflower seeds

1 cup of activated almonds – rough processed

1 cup shredded coconut

10 shakes of cinnamon

Teaspoon vanilla

Salt

¼ cup coconut oil

¼ cup honey

Method:

Massage it all together with hands – should be of a sticky consistency

Lay it out on dehydrator trays & leave for 12 hrs or use a slow oven set at 45-50° and check if it is dry & crunchy enough

Fresh Granola (Jennifer Cornbleet)

3 cups of mixed nuts / seeds – that have been activated

Almonds, walnuts, sunflower, sesame as you like

1 Cup raisins

Good pinch salt

Cinnamon

Process until it resembles granola

Top with fresh fruit & serve with almond milk or coconut water