

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Chocolate and Banana Granola

[From Christy Metzger]

Ingredients:

- 18 cups of old fashioned gluten free oats
- 4 cups of chopped almonds
- 1 Tbl cinnamon
- 1/4 tsp salt
- 5 large bananas
- 1 cup coconut oil
- 1 cup cocoa
- 1 cup maple syrup (this is better tasting) or honey
- 1 Tbl vanilla

Directions:

- Preheat oven to 350 degrees.
- Add oats, almonds, cinnamon and salt to a large bowl
- Add bananas, coconut oil, cocoa, maple syrup and vanilla to a pan,
- Cook on low until bananas are soft.
- Pour wet ingredients into dry and stir
- Place on cookie sheets and bake in the oven for about 45 minutes, stir twice while cooking
- Pour out pan on parchment paper to cool (This will firm up after it cools)