

# Marie's Raw Gluten Free Granola

For this recipe to be raw a dehydrator is needed, alternatively it can be placed in the oven in low heat but then it won't be raw. A healthy alternative to store bought granola. And it can be stored in the pantry for months.

## Categories

Gluten-free

Yields: 12 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Breakfast

Complexity: Progressive

Vegan experience: Moderate

Preparation style: Raw



## Ingredients

Buckwheat groats, dry	2 cup
Dates, fresh	0.5 cup
Pumpkin or squash seeds, unshelled, unsalted	0.5 cup
Sunflower seeds, raw	0.5 cup
Almonds, raw	0.5 cup
Walnuts	0.5 cup
Coconut, dried, shredded or flaked, unsweetened	0.33 cup
Currants, dried	0.5 cup
Vanilla extract	1 teaspoon
Cinnamon, ground	1.5 teaspoon
Lemon juice, fresh	1.5 teaspoon
Apple, fresh, without skin	1 medium - 3" diameter before peeling
Blueberries, fresh	0.5 cup
Raspberries, fresh, red	0.5 cup

## Instructions

Soak raw buckwheat in purified water for at least 4 hours or overnight. Rinse well and drain. Let groats sit in a colander over a bowl for about 3 days to sprout. While sprouting, rinse at least 3 - 4 X day with water and let drain. Repeat this process until small sprouts appear - about 3 days.

Soak walnuts, almonds, sunflower and pumpkin seeds overnight. Rinse well and drain. These don't need to be sprouted but can be if preferred.

Soak 5 - 7 pitted dates in 1/2 cup water for 2 hours - do not discard water. Time all the sprouting and soaking so that everything is ready at the same time.

1. Make the date paste by mixing dates and their soaking liquid in a blender until smooth.

2. Combine all the other ingredients, except for the berries, in a large bowl and mix in the date paste. Mix well and then add the berries at the end. Mix them in gently so as not to destroy their shape too much.
3. Divide the granola into 2 or 3 parts and spread evenly on dehydrator trays. Dehydrate at 105 - 110 F for about 12 hours. After 12 hours turn mixture over on the tray or move it around to bring the underside of the granola to the surface. Continue dehydrating for an additional 4 - 6 hours. Test for desired crispness.
4. Store in a glass container in the pantry for up to 3 months.