

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Homemade Granola

Makes about 3 1/2 cups

### *Ingredients:*

1 ½ cups old-fashioned oats  
¼ cup almonds, coarsely chopped  
½ cup pecans, coarsely chopped  
½ cup walnuts, coarsely chopped  
¼ cup hemp seeds (or pumpkin seeds)  
¼ cup coconut chips  
1/8 cup cocoa nibs  
½ teaspoon ground ginger  
½ teaspoon ground allspice  
1 teaspoon cinnamon  
3 tablespoons raw honey (1/2 to 1 more if desired sweeter)

¼ cup dried figs (about 5)  
¼ cup dried apricots  
¼ cup raisins  
4 dates, chopped

### *Directions:*

1. To a large bowl, add oats, almonds, pecans, walnuts, hemp seeds, coconut chips, cocoa nibs and toss. Add ground ginger, ground allspice, cinnamon and mix well.
2. Add honey and using hands incorporate honey into mixture to make sure mixture feels crumbly. Add a little more honey if you like it sweeter.
3. Place on cookie sheet and bake at 350 degrees F for 30 to 40 minutes. Take out of oven and let cool for 15 to 20 minutes.
4. Meanwhile, chop figs, apricots, and dates. Add raisins and then add fruit mixture to oat mixture.
5. Store in air-tight container.

This granola is great served with yogurt, in acai bowls, or simply added to your cooked oatmeal. It can also be eaten as a snack. Note that you can substitute any other kind of dried fruit of your choice.