

Homemade Quinoa Granola

By Greta van Meeteren

I am always on the lookout for healthy foods that have great flavor and have no preservatives in them.

Recently a family member sent me the recipe for this great granola. It is really full of good nutrients and has no bad stuff in it. Most of the store-bought stuff is high in sugar, contains unhealthy fats and oils, and is packed full of fillers and unnecessary ingredients.



I use gluten free oats. You do not want to use the “quick” stuff, because it is highly processed and therefore has a very high glycemic index.

I use coconut oil because it’s full of nutrients and adds a really nice light flavor to the granola, but you can use any healthy oil you like the taste of. Olive oil gives too heavy a flavor, and oils with high omega 3 content should not be used, because they go rancid when heated.

Here is the recipe I have used.

2 Cups gluten free rolled oats

1/3 cup each of: organic unsalted pumpkin seeds, organic unsalted sunflower kernels, organic quinoa and unsweetened coconut flakes.

Sprinkle of cinnamon

1 TBSP honey

2 TBSP agave nectar

2 TBSP coconut oil

1 tsp vanilla

Mix the dry ingredients with the wet ingredients. I use my hands, so the entire recipe gets mixed well. Bake on a cookie sheet at 300°F for approximately ½ hour, stirring frequently to prevent burning. Once ready just let it cool without stirring so it sets in chunky pieces.

If you like, you could add banana chips, raisins, cranberry, or chocolate, beware of the sugar on some dried fruits!

Store in an airtight container in the refrigerator. This should keep your granola good for about 2-3 weeks.

Enjoy!