



*cara price*

## PUMPKIN SPICE GRANOLA

### INGREDIENTS

- 1 cup raw cashews
- 1 cup raw pecan halves
- 1/2 cup raw pumpkin seeds
- 1/4 cup pumpkin purée {not pumpkin pie filling}
- 1/4 cup applesauce {no added sugar}
- 1 tablespoon granulated monk fruit sweetener
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 3/4 cup dried cranberries {no sugar added or sweetened with fruit juice}

### DIRECTIONS

step 1 - place the cashews, pecans & pumpkin seeds in a medium size bowl. cover with warm water & soak for 2 hours.

step 2 - preheat oven to 185.

remove the nuts from the water by pouring them into a fine colander. give them a good shake to get as much water off as possible. {just wipe the bowl from soaking the nuts dry because you will re-use it in just a minute}

place the nuts in a food processor, pulse until the nuts resemble the size of oats. this only takes a few pulses.

in the medium size bowl mix together pumpkin purée, applesauce, monk fruit, pumpkin pie spice, vanilla & salt. then scoop the nut mixture out of the food processor into the bowl. stir them together with the pumpkin mixture.

line a cookie sheet with parchment paper & pour the nut mixture onto it, spreading it out into the thinnest possible layer you can make.

bake 6 hours then turn off the oven but leave the granola in the oven for 4 more hours. break apart the granola & add the cranberries to the mix.

serve or store at room temperature for up to 14 days in a glass jar.