# Finally, Gluten-Free Granola

Sunflower seeds have become the darling of my pantry. Wait until you taste this granola that makes my family smile and makes me relish how clever I am!

Actually, I'm not all that clever. I have to give full credit to a great little company in Vermont that I recently learned about called **Honest Body**. They offer a full selection of different flavors of granola.

This young husband/wife team uses only the purest ingredients, and I urge you to order granola from them.

My version isn't nearly as perfected as theirs, but it's pretty good.

I guessed at their recipe.

• Start with a few pounds of raw organic sunflower seeds.
• In a large mixing bowl, cover the seeds with at least 4 inches of water and let them stand overnight for up to 24 hours.

• Strain the water and spread the soaked seeds as thinly as possible on cookie sheets.
• Place the sheets in a dehydrator or low oven at 110 degrees for approximately 24 hours…or until thoroughly dry.

• Once the seeds are dry, toss them into a large mixing bowl and start adding the fun stuff…coconut shreds, cinnamon, vanilla extract, Celtic salt, raisins, chopped dehydrated fruit, such as apples or prunes, chopped walnuts, sesame seeds, etc.

That’s it!

I store my granola in a glass container, and it doesn’t need to be refrigerated because it’s eaten within a few days. Delicious!

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My signature philosophy is that health is *not* random. After

you’ve tried my delicious recipe, consider **contacting my office** to schedule a *free* 15-minute phone conversation about adding homeopathy to your health strategy.