

# Vanilla Bean Raw-Granola (ROOSTBLOG)

## Soaking Times

- Cashews, Pine Nuts, & Macadamia Nuts: 1-2 hours (these will get slimy if soaked too long)
- Pumpkin, Sesame, & Sunflower Seeds: 4-8 hours
- Brazil nuts, Pecans & Walnuts: 4-6 hours
- Almonds, Hazelnuts & Pistachios: 7-24 hours

\*I like to soak all nuts and seeds (aside from cashews, pine nuts and macadamia nuts) overnight or longer. This can sometimes result in the seed/nut sprouting or growing a little "tail". This is very normal and very nutritious. I hope to learn more about sprouting and sprouts because they are rich in life giving nutrients.

2 cups raw almonds (soaked)

1 cup raw walnuts (soaked)

1 cup pumpkin seeds (soaked)

1 vanilla bean, seeds scraped

1/4 tsp salt

1/2 tsp cinnamon

6 pitted raw dates (if you buy dried dates soak them in warm water until they are plump and juicy)

1/4 cup water WE REMOVED THE HONEY SO IT IS 40 DAY FRIENDLY!

\*Feel free to experiment with different types of nuts/seeds/dried fruits used in this recipe. To make the binding ingredients place the dates, water, honey, vanilla seeds, salt and cinnamon in a food processor and process on high until a paste forms. Set aside. Then place your nuts and pumpkin seeds in a food processor and coarsely chop (do not over process or you will have nut flour!). Pour the chopped nut mixture in a bowl and toss with the date mixture. Make sure you coat the nuts evenly. **To Dry in Dehydrator:** pour the rawnola onto your teflex sheet (with the mesh screen and tray underneath) and spread evenly unto a thin layer. Dehydrate at 105F (to keep the rawnola truly "live") for 24-48 hours depending on how crunchy you want it. **To Dry in the Oven:** Line a couple of cookie sheets with parchment paper (not wax paper) and spread the granola evenly into a thin layer. Place in your oven at the lowest degree possible and dry until it is your desired texture. **To Bake in the Oven:** Preheat oven to 250F. Line a couple of cookie sheets with parchment paper (not wax paper) and spread the granola evenly into a thin layer. Bake for about 30-45 minutes until is your desired texture. Makes about 4 cups.