



# Banana Crunch Granola

**Makes 5 cups**

## Steps

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. In a large bowl combine oats, almond flour, pecans or almonds, salt, cinnamon, cardamom and flaxseed meal.
3. In a large measuring cup measure the avocado oil first, followed by maple syrup or honey, and vanilla. (this helps the honey glide out easily from the cup). Stir well.
4. Pour the oil-syrup/honey mixture over the oat mixture and stir well ensuring all the oats are covered with the oil-honey. Add the mashed banana and mix well. Spread the mixture out evenly onto the baking sheet pan and bake for 20-25 minutes (it should be turning brown around the edges. Using a spatula, carefully stir granola and spread it out again. Lower temperature to 300°F and continue to bake for another 20 minutes. Turn oven off and leave granola in for another 15 minutes. Remove from oven and let it fully cool on the sheet pan.
5. Remove granola from pan into a couple of mason jars. This keeps for a couple of weeks in an airtight container. Enjoy with milk, over yogurt or just by itself!

## Ingredients

- 2 ½ cups rolled oats
- ½ cup almond flour
- ½ cup pecans or almonds, rough chopped
- ½ teaspoon kosher salt
- 1 teaspoon cinnamon
- ½ teaspoon cardamom
- 2 tablespoons flaxseed meal
  
- ¼ cup avocado oil
- ¼ cup PLUS 2 tablespoons maple syrup or honey
- 1 teaspoon pure vanilla extract
  
- 1 large banana, mashed (about ¾ cup)