

# Flax Seed and Nut Granola

(originally from [www.mrbreakfast.com](http://www.mrbreakfast.com))

- 1 cup flax seeds
- 1 cup sunflower seeds
- 1 cup unsweetened shredded coconut
- 1 cup chopped pecans
- 1 cup chopped walnuts
- 1 cup chopped almonds
- 1 stick of butter -- melted [I tried cutting the butter down in this one, it really needs the butter. It didn't turn out right.]
- 2 teaspoons cinnamon
- 2 teaspoons vanilla powder (sugar and alcohol-free)[This was a little expensive. From what I have read, you can substitute extract for powder equally. I found this at Harmons.]
- 3 packets of Splenda (or other sugar alternative) [I have used 1/4 Cup Honey. I really like it with 1/4 Cup Agave Nectar. Both are really good. I like the honey a little better, but I like the less sugar effect of the Nectar]

In a large roasting pan, mix together flax seeds, sunflower seeds, coconut and nuts. Drizzle with melted butter. Stir in cinnamon, vanilla powder and sugar substitute. Toast in the oven at 325 degrees for a half hour, stirring every 5 or 10 minutes.

[I ended up roasting it all in a Wok on the stove. I melted the butter and the honey together and then added the spices. I then dumped the nuts and the coconut into the mixture and coated everything really well. I stirred constantly until everything was starting to get all golden.]