

## Raw Apple Granola

Chop together in a food processor using S-blade, the following:

- 2 Apples peeled and cut into small pieces
- 4 heaping teaspoons of Ground Raw Coconut Flakes
- 5 heaping teaspoons of Ground Raw Almonds
- 2 heaping teaspoons of Ground Flax Seeds (golden or brown)
- 1 teaspoon of Vanilla Powder
- 1 handful of Raisins
- 2 handful of Raw Macadamia Nuts

Pulse chop. Scrape sides to get overall chopped consistency – looks like chunky porridge.



**immunologic**  
Health Systems



immunologic, inc.  
**512.541.4338**  
info@immunologic.net  
www.immunologic.net

