

Paleo Granola With Turmeric



This paleo granola with turmeric is a simple way to prepare a structured breakfast or snack using nuts, seeds, and a mild spice profile. The turmeric adds a subtle warmth without overpowering the base ingredients.

It works well when you want something that can be prepared in advance and used across several days. The texture stays consistent, and the mix can be combined with fruit or eaten on its own.

Because it avoids more conventional grain-based granolas, it fits more easily into a paleo-style approach while still offering variety and flexibility.

Why this recipe works

This recipe is useful for building a repeatable breakfast option. It provides a consistent base that you can portion easily and adapt depending on what you want to add on top.

The turmeric adds a different note compared to more typical sweet granolas, giving it a slightly more distinctive profile without making it complicated.

Preparation

Start by combining the nuts and seeds in a bowl, making sure the mix is even so it bakes uniformly.

Add the seasoning and mix well so the turmeric distributes across the entire batch. This helps avoid concentrated flavor in one area.

Spread the mixture onto a baking tray in a thin, even layer. Bake at a moderate temperature, stirring occasionally so it browns evenly and does not burn.

Once it is lightly golden and crisp, remove it from the oven and let it cool completely. The texture will firm up as it cools.

Store it in an airtight container and use it as needed for breakfast or as a snack during the day.

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Paleo Granola With Turmeric

A simple paleo-style granola with nuts, seeds, and a lightly spiced flavor.



1 INGREDIENTS

- 4 cups raw nuts and seeds
- 1/4 cup melted coconut oil
- 2 tablespoons honey or maple syrup
- 1 teaspoon ground turmeric
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- Optional: unsweetened coconut flakes
- Optional after baking: raisins or dried cranberries



Almonds



Walnuts



Seeds



Coconut Oil



Turmeric



Cinnamon



2 WHY THIS RECIPE WORKS



Easy make-ahead breakfast or snack



Grain-free and paleo-style



Balanced nuts-and-seeds base



Turmeric adds a mild warm flavor



3 PREPARATION

- 1 Combine the nuts and seeds in a bowl.
- 2 Add oil, sweetener, turmeric, cinnamon, vanilla, and salt. Mix well.
- 3 Spread in a thin even layer on a baking tray.
- 4 Bake at a moderate temperature, stirring occasionally, until lightly golden and crisp.
- 5 Cool completely and store in an airtight container.



4 SERVING IDEAS



Enjoy with fresh fruit



Eat on its own as a snack



Portion ahead for several days