

SPICED ROSE PETAL GRANOLA



Tags: [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#)

Prep Time: 5 Min

Cook Time: 40 Min

Serves: 6 Cups

Directions:

1. To begin, preheat the oven to 300 F, set out one large or two small rimmed baking sheets, and soak your flaxseeds.
2. Combine the oats, nuts, seeds, salt, spices, dried fruit, and half of the rose petals in a large mixing bowl.
3. Heat the ghee in a small saucepan over low heat and stir in the maple. Turn off heat, and whisk in the rosewater.
4. When thoroughly combined, pour the liquid mixture, including your flaxseeds over the oat mixture and stir until everything is well coated. spread into a thin layer onto your rimmed baking sheet(s).
5. Bake, 40 minutes, stirring at least once halfway through and rotating the pan once, top to bottom. Cook until the granola is toasty and deeply golden.
6. Remove from the oven and press down on the granola with a metal spatula. Let cool completely, sprinkle with the remaining dried

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rose petals, then store in an airtight container at room temperature.

Ingredients:

4 cups regular organic rolled oats

1.5 cups of your choice of nuts and seeds. I like cashew, almond, walnut pieces, pumpkin, and sunflower seeds. I usually just use whatever I have that day!

1 tsp pink Himalayan sea salt

1 tsp of each cardamom, cinnamon, nutmeg powder (get creative, use what spices you like)

2/3 cup dried cranberries or raisins (optional)

1 cup of dried rose petals

1/2 cup of ghee

1/2 cup of maple syrup

1 tbsp of rose water

1 tbsp of flaxseeds, soaked into 2 tbsp of filtered water

Roses are tri-doshic, meaning they are great for vatas, pittas, and kaphas. They are bitter, pungent, astringent, and sweet. They have cooling energy and support our plasma, blood, marrow, nerve, and reproductive tissue. They don't stop there! They make a great decongestant, carminative, anti-inflammatory, laxative and they are antioxidants, rich in vitamins C, A, B3, D, and E. Roses are nervine which means they support our nervous system and can support our mental and emotional well-being. They can be used for depression, anxiety, and irritability. They have a special place in women's health, easing PMS symptoms and even aiding in infertility.

Roses are ancient symbols of love and beauty. Their beauty and aroma cultivate a connection between our heart and mind allowing us to have more compassion, love, and deep feelings towards ourselves and one another. The rose was sacred to many goddesses, including Isis and Aphrodite, and is often used as the symbol

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of the Virgin Mary. I use rose in many of my homemade beauty products and it can be used to cook with as well. Read more about the benefits of rose on our blog post!