

Crunchy Munchie Granola



Servings: 10
1 serving = approx. 1/3 cup

Equipment:

Oven, baking sheet, parchment paper, small sauce pan or microwave safe bowl, mixing spoon, mixing bowl, dry and liquid measuring cups, storage jar or container.

Ingredients:

- 2 cups rolled oats
- 1/2 cup unshelled and unsalted pumpkin seeds
- 1/4 cup uncooked quinoa
- 3 Tbsp ground flaxseed
- 1/2 cup almond butter
- 1/2 cup pure maple syrup

Storage: approx. 2-4 wks

Preparation:

1. To a large mixing bowl, add rolled oats, pumpkin seeds, quinoa, and ground flaxseed. Stir to combine.
2. To a small saucepan, add almond butter and maple syrup. Melt over medium-low heat, stirring to combine. As an alternative, place contents in a microwave safe bowl and warm to reach a liquid consistency that can be stirred. This may take about 20-30 seconds.
3. Pour the melted mixture over the dry contents of the mixing bowl. Stir to combine.
4. Place mixture on a parchment lined baking sheet. Bake at 350 for 25 minutes, or until the oats appear to be golden brown. Stir halfway through if you desire less chunky granola.
5. Cool completely. Once cool, break up the granola into desired chunks if it was unstirred during baking. Store in an airtight container.

Nutrition Facts per serving:

Calories 242.1

Total Fat 11.9g (15%)
Saturated Fat 1.2 g (6%)
Trans Fat 0g
Cholesterol 0mg (0%)
Sodium 3.1mg (0%)
Total Carbohydrate 28.3g (10%)
Dietary Fiber 4.2g (15%)
Total Sugars 11.4g
Added Sugars 0% (0%)
Protein 7.4g
Vitamin D 0mcg (0%)
Calcium 77.9mg (6%)
Iron 2mg (11%)
Potassium 262.6mg (6%)

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