the center
For Naturopathic Medicine & Functional Nutrition



No-Cook Vanilla Cinnamon Granola

Prep time	Total time	Meal type	Servings
5 minutes	10 minutes	Breakfast, Snack, Side	6

Ingredients

- 1 cup walnuts, raw*, chopped*
- 12 dates, Medjool*, pitted and chopped*
- 1 cup oats, rolled (gluten-free if necessary)
- 1/4 cup coconut flakes, unsweetened
- 1 Tbs hemp seeds
- 1 Tbs chia seeds
- 1 tsp vanilla extract
- 1/2 tsp cinnamon, ground
- salt*, to taste*

Directions

Prep

1. Pit and chop dates.

Make

1. Add walnuts to food processor and pulse until roughly chopped.
2. Add dates and pulse until combined with walnuts.
3. Add balance of ingredients and pulse until combined.
4. Add a few pinches of salt if desired.
5. Pour onto baking sheet and separate with fingers. Let air dry for about four hours.
6. Place in an airtight container and store in refrigerator for up to two weeks.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 370

	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 4g	**20%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 3mg	**0%**
Total Carbohydrates 50g	**18%**
Dietary Fiber 7g	**27%**
Total Sugars 33g	
Protein 9g	
Vitamin D N/A	0%
Calcium 67mg	5%
Iron 2mg	11%
Potassium 560mg	12%

Source Living Plate

Notes

Pecans work well in place of walnuts here. Have a nut allergy? Replace walnuts with sunflower seeds or pumpkin seeds.
Serving size indicated is perfect for breakfast or snack but you can also use less as a topping!

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only