

Nut & Seed Granola

This Nut & Seed Granola is rich in protein, dietary fiber, vitamin E and phytonutrients and low in sugar. Top with berries and serve with your favorite milk or yogurt.



Easy-to-make nut and seed granola

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This protein-rich Nut & Seed Granola cooks up quickly and deliciously.

- 3 cups rolled oats
 - 1 cup nuts of choice ((I used walnuts and sliced almonds))
 - 0.5 cup seeds of choice ((I used pumpkin and sunflower seeds))
 - 1 Tbsp. chia seeds
 - 1 Tbsp. hemp seeds
 - 2 tsp. ground cinnamon
 - Dash of salt
 - 0.25 cup light olive oil or grapeseed oil
 - 0.25 cup maple syrup
 - 1 tsp. vanilla extract
 - Optional add-ins: dried fruit, unsweetened shredded coconut, chocolate chips
1. Preheat oven to 350 F degrees. In a medium bowl, combine dry ingredients (oats through salt). Add in oil; mix until well combined. Next add in maple syrup and vanilla; mix until oil, syrup and vanilla well-incorporated. Pour mixture onto parchment-lined baking sheet.
 2. Bake for 20-25 minutes. Let cool completely, then break apart. Add optional add-in ingredients, if desired.

Keeps in airtight container for up to 1 week.

