

Maple Nut and Seed Granola

13 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Add oats, nut and seeds, and sea salt to a large bowl and mix well.
3. In a separate bowl, mix together the maple syrup, and oil. Pour this mixture over the oat mixture and stir well to coat.
4. Put the oat mixture onto the baking sheet and spread it out evenly. Bake for 20 minutes, until golden.
5. Let the granola cool on the baking sheet for 10 minutes before serving. Enjoy!

Notes

Leftovers

Store in an airtight container in a cool and dry area for up to two weeks. Keep away from heat. Freeze for up to three months.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add dried cranberries or chopped, pitted dates to the granola once it has cooled.

Ingredients

- 1 cup Oats
- 1/2 cup Pecans (chopped)
- 1/2 cup Cashews (chopped)
- 1 cup Almonds (chopped)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds (crush to break shell)
- 1 cup Unsweetened Coconut Flakes
- 2 tsps Vanilla Extract (or vanilla powder)
- 1 tsp Cinnamon Powder
- 3 tbsps Maple Syrup
- 1/4 cup Coconut Oil
- 1/2 tsp Sea Salt

