



*Optional add-ins:
Nuts such as pecans
-- they will burn
pretty easily, so I
suggest adding
them in towards the
end of cooking, or
cooking them
separately. Hemp
seeds for some
plant-based protein!
Baked apple or
chopped medjool
dates are also a
good add in!*

Pumpkin Granola

BY GABRIELLE | DIETITIAN

⌚ 10 MINS PREP | ⌚ 30-40 MINS COOK | 18 SERVINGS

INSTRUCTIONS

1. Preheat the oven to 340°F.
2. Combine the dry ingredients (the oats, coconut, pepitas, chia & seeds) in a large bowl and mix.
3. Whisk the wet ingredients and spices together (pumpkin, olive or coconut oil, maple syrup, salt, vanilla, cinnamon, ginger, cloves, salt)
4. Pour wet ingredients over the oat mixture and stir until everything is well coated.
5. Spread the granola onto 2 rimmed baking sheets, lined with parchment paper
6. Bake for 15 minutes; stir; bake for another 15-25 minutes.
7. Once the granola is golden brown, carefully remove from oven and let rest -- it will start to crisp up as it cools. Allow it to completely cool before storing it in an airtight container.

INGREDIENTS

| | |
|------------------------------------|---|
| 3 cups rolled oats | 1/2 cup maple syrup |
| 1/2 cup unsweetened coconut flakes | 1 tsp vanilla extract |
| 1/2 cup pepitas | Pumpkin spice: 1 tsp cinnamon, 1 tsp ground ginger, 1/4 tsp clove |
| 1/4 cup chia | 1 tsp salt |
| 1/2 cup pumpkin puree | |
| 1/2 cup olive or coconut oil | |

NUTRITION INFORMATION -- SERVING SIZE 1/4 CUP

| | |
|---------------------------|-------------------------------|
| Calories 170 kcal | Sodium: 135 mg (low) |
| Carbs 18.3 g | Calcium: 37 mg (3%) |
| Fiber: 3.1 g | Iron: 1 mg (7%) |
| Total Sugar: 6.1 g | Potassium: 143 mg (3%) |
| Added Sugar: 5.3 g | |
| Protein 3.1 g | |
| Total Fat 10.1 g | |