

CINNAMON ALMOND CRUNCH GRANOLA



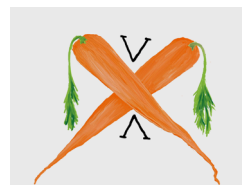
SERVES: ~12

PREP TIME: 10 MINS

COOK TIME: 30-35 MINS

TOTAL TIME: 40-45 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

4 cups rolled oats (gluten free, if preferred)

1 1/2 cups raw almonds, roughly chopped

1/2 cup raw pepitas (pumpkin seeds)

2-3 TBSP date sugar

2 tsp cinnamon

1/2 tsp sea salt

1/2 cup unrefined coconut oil

4 TBSP chai spiced almond butter (recipe below), or your favorite store-bought almond butter

1/4 cup pure maple syrup

1 1/2 tsp vanilla extract

METHOD

Pre-heat oven to 300 degrees F. Line a baking sheet with parchment paper, set aside.

Add dry ingredients (oats, chopped almonds, pepitas, date sugar, cinnamon, and sea salt) to a large bowl, mix together with a fork.

Add coconut oil to a saucepan over low heat. Once melted, remove from heat and stir in almond butter, maple syrup, and vanilla. Add wet ingredients to the dry. Mix until the oats are completely coated.

Spoon onto prepared baking sheet in an even layer. Bake for 15 minutes, remove and stir granola, place back into oven to bake for another 15-20 minutes, or until oats begin to look light golden brown.

Allow granola to cool completely on the baking sheet, about an hour, then add to an airtight container. It will keep for 2-3 weeks at room temperature while sealed. You can also freeze for 3-4 months!

NOTES:

Chai Spiced Almond Butter (<http://thevariantveggie.com/blog/2016/7/26/chai-spiced-almond-butter>)

Serving suggestions: Enjoy with any non-dairy milk or yogurt, use as topping for oatmeal (try with my pumpkin-apple overnight oats!), even make it a dessert over baked apples or non-dairy ice-cream.

Make it nut-free: Sub sunflower seeds or additional pepitas for almonds, sub sunbutter for almond butter.

NUTRIITION:

Serving Size: ~ 1/2 cup Calories per serving: 339 Total Fat: 21 g

Sodium: 77 mg Potassium: 27 mg Carbohydrates: 29 g

Fiber: 6 g Sugar: 7 g Protein: 9 g

Calcium: 7% Iron: 12% (Percent Daily Value)