

Crunchy Nutty Granola

Granola is a great addition for cereals, oatmeal, smoothies, baked goods, and more. You can even fill a small container and have it as a mid day snack! Try this crunchy nutty granola without the added sugars and preservatives of traditional store bought versions.

Ingredients:

- 3 cups rolled oats
- 1/2 cup dry or shredded coconut (*unsweetened*)
- 1 tbsp chia seeds
- 1 tbsp flax seeds
- 1/4 cup pumpkin seeds
- 1/4 cup shredded almonds
- 1/2 tsp sea salt
- 1 tsp ground cinnamon (or to your desire)
- 1/4 cup aquafaba (*liquid from chickpea can or use egg white*)
- 1/4 cup maple syrup (*or other liquid sweetener of choice*)
- 1 tsp vanilla extract (*optional*)
- 1/4 cup dried blueberries or raisins (*optional*)



Directions:

1. Preheat oven to 325 degrees F and linebaking sheet with parchment paper.
2. In a large mixing bowl, add the oats, seeds, coconut, salt, and cinnamon. Stir to combine.
3. Prepare aquafaba (chickpea salt water). Add liquid to mixing bowl and use an electric mixer to whip. Can take up to 10 minutes, usually 5.
4. Add maple syrup and vanilla to the aquafaba. Beat for 30 seconds more. Pour liquid mixture over dry ingredients and mix well.
5. Spread the mixture evenly onto baking sheet and bake for 28-35 minutes.
6. Let cool completely.

Store at room temperature for 2-3 weeks or in the freezer for up to 3 months.



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA