



HIGH PROTEIN ANYTIME GRANOLA

Yield: Approximately 12 servings

Ingredients:

Dry Ingredients:

- ❖ 1 cup raw pumpkin seeds
- ❖ 1 cup raw sunflower seeds
- ❖ 1 cup almond meal ("Bob's Red Mill" or Trader Joe's)
- ❖ 2 cups unsweetened shredded coconut
- ❖ 1 cup raw almonds, chopped
- ❖ 1 cup pecans, chopped
- ❖ 1 cup raw walnuts, chopped
- ❖ 4-5 teaspoons allspice

Wet Ingredients:

- ❖ 1/2 cup maple syrup or honey
- ❖ 1/2 cup coconut oil, melted

Procedure:

1. Preheat oven to 325 degrees.
2. In a mixing bowl, combine all dry ingredients.
3. Stir in the wet ingredients. Mix well.
4. Line a baking sheet with parchment paper and spread mixture in a single layer.
5. Bake for approximately 20 minutes. Mix about half way through.

