



Pumpkin Spice Granola

12 servings

40 minutes

Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1/2 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 3/4 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 1/4 cup Coconut Oil
- 1/3 cup Maple Syrup
- 1/3 cup Pureed Pumpkin

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 3 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 4 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 5 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers: Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts: Use pecans or slivered almonds instead.

Nut-Free: Skip the nuts and add extra pumpkin seeds.

Serve it With: Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

Optional Add-Ins: Raisins, dried cranberries, berries or coconut flakes.