

AGROPHILIA

Healthy Pumpkin Granola



This crunchy, Healthy Pumpkin Granola is chock-full of healthy quinoa, sunflower and pumpkin seeds. It makes for a great seasonal breakfast.

Course Breakfast

Cuisine American

Prep Time 10 minutes

Cook Time 45 minutes

Total Time 55 minutes

Ingredients

- 3 cups rolled oats
- 3/4 cup pumpkin seeds
- 3/4 cup sunflower seeds
- 1/2 cup quinoa
- 1/2 cup pecan nut pieces or chopped
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice(Cloves + Cinnamon + Ginger +All Spices)
- 1 cup pumpkin puree
- 1/4 cup maple syrup
- 2 tablespoons coconut oil

Instructions

1. Preheat your oven to 300 F.
2. In a large bowl stir together all ingredients until evenly combined.
3. Place mixture on a large baking sheet and bake for 30 - 45 minutes until crisped and browned to your liking. Toss every 10 - 15 minutes.
4. Let granola cool to room temperature, then store in an airtight container.

Nutrition Facts

Amount Per Serving

Calories 268

% Daily Value*

Total Fat 15g 23%

Saturated Fat 3.6g 18%

Cholesterol 0g 0%

Sodium 5mg 0%

Total Carbohydrate 28.3g 9%

Dietary Fiber 5.2g 21%

Sugars 5.3g

Protein 8.1g 16%

Vitamin A 18% • Vitamin C 2%

Calcium 4% • Iron 14%