



Protein Power Granola

SERVINGS: 5 1/2 CUPS

PREPPING TIME: 5 MINS

COOKING TIME: 25-30 MINS

INGREDIENTS

- 3 cups old-fashioned rolled oats
- 1 and 1/2 cup mixed nuts and seeds (e.g., 1/2 cup almonds, 1/2 cup walnuts, 1/4 cup pumpkin seeds, 1/4 cup sunflower seeds)
- 1/2 cup unsweetened shredded coconut
- 1/2 cup vanilla protein powder (your preferred type)
- 1/4 cup pure maple syrup or honey
- 1/4 cup melted coconut oil or olive oil
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1/8 tsp. salt

DIRECTIONS

1. Preheat your oven to 300°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a large mixing bowl, combine the old-fashioned rolled oats, mixed nuts and seeds, unsweetened shredded coconut, vanilla protein powder, ground cinnamon, and salt. Stir until evenly mixed.
3. In a separate bowl, whisk together the pure maple syrup or honey, melted coconut oil or olive oil, and vanilla extract until well combined.
4. Pour the wet mixture over the dry ingredients in the mixing bowl. Stir until the dry ingredients are evenly coated with the wet mixture.
5. Spread the granola mixture evenly onto the prepared baking sheet, forming a single layer.
6. Bake in the preheated oven for about 25-30 minutes, or until the granola is golden brown, stirring halfway through to ensure even baking.
7. Once baked, remove the granola from the oven and let it cool completely on the baking sheet. It will continue to crisp up as it cools.
8. Once cooled, transfer the granola to an airtight container for storage. It can be kept at room temperature for up to two weeks or stored in the refrigerator for longer freshness.

NUTRITION

Serving size: 1/4 cup (31g)
 (per serving) 150 calories, 8g fat, 3g saturated fat, 0mg cholesterol, 40mg sodium, 11g carbohydrate, 2g fiber, 2g sugar, 8g protein