

Maple Walnut Granola

11 ingredients · 1 hour 15 minutes · 12 servings



Directions

1. Preheat oven to 300°F (149°C).
2. In a large bowl, combine the oats, walnuts, pumpkin seeds, sunflower seeds, coconut flakes, cinnamon and sea salt.
3. In a small-medium dish, combine the mashed banana, maple syrup, coconut oil, and vanilla until well-mixed.
4. Add the wet ingredients to the dry ingredients and mix well until everything is evenly coated.
5. Spread mixture in even layers on 2 large baking sheets lined with parchment paper. Press down slightly and place in oven.
6. Bake for 30 minutes and then check on it. If the edges are getting dark, gently stir towards the centre without disturbing the mixture too much. In order to get those satisfying clumps, avoid mixing while baking as much as possible.
7. Place back in the oven for another 15-30 minutes, until golden.
8. Allow to cool completely before breaking into chunks and storing airtight containers.

Notes

Leftovers

Store in an airtight container for up to two weeks.

Serving Size

One serving is roughly 1/2 cup of granola.

Serve it With

Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.

Ingredients

- 4 cups** Oats (rolled or old fashioned)
- 2/3 cup** Walnuts (raw, chopped)
- 2/3 cup** Unsweetened Coconut Flakes
- 2/3 cup** Pumpkin Seeds (raw)
- 2/3 cup** Sunflower Seeds (raw)
- 1 tbsp** Cinnamon
- 1/2 tsp** Unrefined Salt
- 1** Banana (ripe, mashed)
- 1/3 cup** Coconut Oil (melted in the pre-heating oven in a heat-safe dish)
- 1/3 cup** Maple Syrup
- 1 tsp** Vanilla Extract