



Nourish Recipe

Granola Gone Nutz

Servings: 8

Recipe courtesy of
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Ingredients

1 cup sliced almonds
1 cup raw pumpkin seeds (pepitas)
½ cup pecans or walnuts
½ cup unsweetened shredded coconut
1 Tbsp cinnamon
1 tsp sea salt
½ cup coconut oil, melted
¼ cup raw honey, warm
¼ cup pure maple syrup
½ cup dried dried figs, destemmed and chopped
½ cup dried blueberries

Nutrition Facts

Servings 8

Amount Per Serving

Calories 416

% Daily Value

Total Fat 31.5g 40%

Saturated Fat 17.1g 85%

Cholesterol 0mg 0%

Sodium 299mg 13%

Total Carbohydrate 32.2g 12%

Dietary Fiber 4.8g 17%

Sugars 22.4g

Protein 7.7g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 4mg 23%

Potassium 355mg 8%



What you'll need



measuring
spoons



measuring
cups



sheet pan



bowl

Instructions

1. Preheat oven to 300°F and line a baking sheet with parchment paper.
2. Add almonds (1 cup), pumpkin seeds (1 cup), pecans (½ cup), coconut (½ cup), cinnamon (1 Tbsp), and salt (1 tsp) to a bowl and stir well to combine.
3. In a small bowl, whisk the coconut oil (½ cup), honey (¼ cup) and maple syrup (¼ cup) and drizzle over the dry mixture, stirring very well to coat. Spread mixture evenly on the lined baking sheet.
4. Bake for about 25 minutes, stirring 2-3 times while cooking so it won't burn. When you pull it out of the oven, mix in the dried fruit so it's well incorporated, then let cool completely before storing. Enjoy with some almond milk or however you prefer!



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