

Seed Granola



Servings: 20 (1/4 cup)

TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Preheat oven to 300° F. In a mixing bowl, combine oats, seeds, and almonds. Set aside.
2. In another small bowl, mix peanut butter, syrup, and vanilla. Blend until smooth. Add to dry ingredients.
3. Spread granola mixture evenly on a baking sheet. Bake 35-40 minutes, stirring once at about 20 minutes into baking time.
4. Remove from oven, stir again, and cool. Add dried blueberries and mix. Store in airtight container for 1-2 weeks.

Serve with unsweetened almond milk or as a topping for plain low-fat yogurt.

Nutrition Facts Per Serving

Calories	155
Fat	9g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	17g
Fiber	4g
Protein	5g

Ingredients

- 2 cups gluten free rolled oats
- 1 cup raw sunflower seeds
- 1/4 cup ground flaxseed
- 1/4 cup chia seed
- 1/2 cup sliced almonds
- 3 tablespoons all natural peanut butter
- 1/3 cup agave syrup or pure maple syrup
- 1/2 teaspoon vanilla extract
- 1/2 cup dried blueberries

