

Recipe Name Pumpkin Pie Granola – makes about 4 cups granola

Ingredients:

- 2 ½ cups old fashioned rolled oats (GF if needed)
- ¼ cup quinoa, uncooked
- ¼ cup hemp hearts or whole flax seeds
- ¼ cup pepitas or sunflower seeds
- ½ cup pecan pieces
- ¼ cup unsweetened shredded coconut
- ¼ cup almond butter
- ½ cup pumpkin puree
- 1 egg white
- 1 tsp. vanilla
- ½ cup coconut sugar
- 2 Tbsp. maple syrup
- ½ cup dried cranberries, low sugar

Spice Mix:

- 1 ½ Tbsp. pumpkin pie spice
- OR
- 1 Tbsp. cinnamon, 1 tsp. ground ginger, 1 tsp. kosher salt, ½ tsp. nutmeg, ½ tsp. allspice

Directions

1. Preheat oven to 350 degrees. Line a ½ sheet pan with parchment paper and set aside.
2. In a large bowl, mix the pumpkin, almond butter, vanilla, coconut sugar, maple syrup and the spice mix (either pumpkin pie spice OR the combination listed) and whisk until smooth.
3. Add old fashioned oats, quinoa, hemp/flax, pepitas/sunflower seeds, pecan pieces and shredded coconut and stir until evenly coated.
4. In a small bowl, whisk the egg white until very foamy. Pour over the granola and stir to coat.
5. Spread mixture evenly over the prepared baking sheet and press down with the back of a spatula to create a thin, even layer of granola.



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6. Bake for 20 minutes. Using a spatula, gently turn the granola over without breaking it up too much. Return it to the oven for another 10 minutes or until it is golden brown and smells fragrant.
7. Remove from oven and allow to cool completely. It will continue to crisp up as it cools. Break up into chunks and toss with cranberries.

Enjoy with yogurt, as a cereal, on top of ice cream or another dessert, or as a healthy snack!

Nutrition Facts

Servings: 8

Amount per serving

Calories **410**

% Daily Value*

Total Fat 14.1g **18%**

Saturated Fat 2.6g **13%**

Cholesterol 0mg **0%**

Sodium 7mg **0%**

Total Carbohydrate 56.4g **21%**

Dietary Fiber 7.8g **28%**

Total Sugars 17.1g

Protein 13.9g

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 5mg **29%**

Potassium 313mg **7%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**