



# PERFORMANCE RECIPE

## Homemade Granola



Vegan



Dairy-free



Gluten-free



25 min cook



Batch prep snack



Balanced snack

Make 6-8 servings 1/4CUP?



## INGREDIENTS

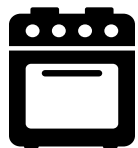
- 2 cup rolled oats
- ½ cup chopped raw nuts
- ¼ cup raw pumpkin seeds
- 2 tbsp raw pine nuts
- ½ cup dried cranberries
- 1 large pinch of fine sea salt
- 3 tbsp maple syrup or honey
- 2 tbsp coconut oil or any other cooking oil
- ½ tsp vanilla extract (optional)



Crunchy and balanced snack with carbs, protein, and fats. Add it to yogurt, pudding, and smoothies to keep you full and satisfied.

## INSTRUCTIONS

1



Preheat oven to 350 degrees F.

2



Combine wet ingredients and then add in all dry ingredients, mix well.

3



Spread mixed ingredients into a thin layer on a baking sheet. Bake for 20 mins.

4



Cool 10 mins before serving/storing. Store in sealed container on shelf for up to a month.

Commitment

Synergy

Integrity

Openness