

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Pumpkin Spice Granola

Yield: 8 half-cup servings

INGREDIENTS:

2 1/4 cups rolled oats
3/4 cup uncooked quinoa, rinsed well and patted dry with a clean dishtowel
1/4 cup flax meal
1/4 cup roasted unsalted pumpkin seeds
1/2 cup dried cranberries (optional)
2 Tbs. turbinado (raw) sugar
1/4 tsp. ground cinnamon
Dash sea salt
1/3 cup canned pumpkin puree
1/4 cup canola oil
1/4 cup honey or maple syrup
2 tsp. vanilla extract



DIRECTIONS:

- ♥ Preheat oven to 325 degrees; line a baking sheet with parchment paper. Spread oats and quinoa in a single layer on parchment.
- ♥ Bake 6 to 8 minutes or until lightly toasted; transfer to a large bowl.
- ♥ Stir in flax meal, pumpkin seeds, cranberries (if desired), sugar, pumpkin pie spice, cinnamon and salt; mix well. Set aside.
- ♥ In a small saucepan, whisk together pumpkin puree, oil, honey and vanilla over low heat; cook and stir 4 minutes or until smooth. Let cool 5 minutes. Pour over dry ingredients, mixing well.
- ♥ Spread mixture in a single layer on parchment paper; bake 20 to 25 minutes or until golden brown, stirring every 10 minutes.
- ♥ Let cool completely before serving. Store in an airtight container up to 2 weeks.

Compliments of Eat Your Heart Out Edibles

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