

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Bangin' Buckwheat Granola

Yield: About 3 cups

INGREDIENTS:

- 1 cup hulled sunflower seeds
- 1 1/2 cups whole PITTED dates (trust me you want the pits OUT of these suckers lol, I CAPPED this for my own reminder ha ha!)
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1 cup buckwheat groats
- 2 tablespoons coconut oil, melted or another neutral tasting cooking oil*
- 3 tablespoons pure maple syrup**
- 2 tablespoons cocoa or cocoa powder



DIRECTIONS:

1. Preheat the oven to 350 degrees and line a baking sheet with parchment.
2. Combine the sunflower seeds, dates, cinnamon and vanilla in a food processor and pulse until the mixture resembles wet crumbs and sticks together when pressed between your fingers.
3. Transfer to a large bowl and combine with the remaining ingredients.
4. Pour the mixture on the prepared baking sheet and spread into an even layer.
5. Bake for 10 minutes (on center oven rack NOT ON THE bottom or the granola will burn), toss the granola and bake for another 15 minutes.
6. Take out of the oven and let cool completely.
7. Break into pieces and transfer to an airtight container.

*If you want to make this oil-free, try subbing more maple syrup for the coconut oil to make sure everything sticks together properly.

**You can also get away with just 2 tablespoons maple syrup, the granola will be a bit less sweet but I actually prefer it that way. OR you can substitute honey for a non-vegan version.

Compliments of Eat Your Heart Out Edibles

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