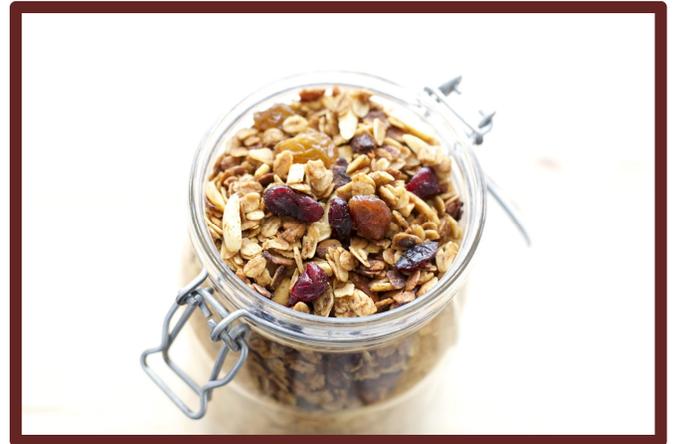


Crockpot Granola Recipe

Conventional granolas can be high in sugar and can lack in fibre and other nutritional goodness! This recipe provides an excellent alternative to those we find in the grocery stores. Try this granola alone as a snack, as a dessert topper or even enjoy as breakfast cereal.

Ingredients

- ½ cup **coconut oil**
- ½ cup **real maple syrup**
- 3 cups **Oats**
- 1 tsp **vanilla extract**
- 2 cups **puffed quinoa {or just more oats}**
- 1 tsp **cinnamon**
- ½ cup **shredded coconut**
- ½ cup **hemp seeds**
- ½ cup **pumpkin seeds**
- ½ cup **sunflower seeds**
- ¼ cup **chia seeds**
- ¼ cup **dried fruit, dark chocolate chips (optional)**



Preparation

1. Melt the liquids together on low in the crockpot first.
2. Then add all other ingredients except for dried fruit + chocolate chips (you will want to stir these optional items in about 20 min before turning crockpot off).
3. Cook for about 4hrs on low with the lid cracked to allow some of the heat to escape. Enjoy the aroma!
4. The mixture will need to be stirred from time to time to break up the large pieces.
5. After granola is finished, let cool and store in glass mason jars in the fridge for up to 2 weeks.

To make Granola Bars - take 2 cups of this granola, mix in 2 eggs and bake for 20 min at 350. At this point a scoop of protein power may be added if desired.

