



PLANTED WHOLE GRANOLA

SUBMITTED BY: Cassie Mullins

DIRECTIONS:

1. Mix the wet ingredients and add dry until evenly coated.
2. Add additional oats or almond butter as needed
3. Bake at 350 F for 15-20 mins until crispy

INGREDIENTS:

1/2 cup almond butter or tahini

1/4 cup maple syrup

1/4 cup almond milk

2 1/2 cup rolled oats

1/3 cup pumpkin seeds

1/4 cup walnuts

1/3 cup chopped almonds

3 tbsp. hemp hearts

3 tbsp. chia seeds

1/4 cup unsweetened shredded coconut

1/3 cup buckwheat groats

1 tbsp. cinnamon

pinch of salt