

Nut-Free Cluster Granola

Source: Dustin Harder of VeganRoadie.com

About the Recipe

173 Calories · 5 g Protein · 4 g Fiber
Breakfast

Ingredients

Makes 12 Servings

- 2 1/2 cups (220 g) gluten-free rolled oats
- 1/4 cup (26 g) flax meal
- 2 tablespoons (25 g) chia seeds
- 3 tablespoons (30 g) raw unsalted sunflower seeds
- 3 tablespoons (30 g) raw unsalted pepitas
- 2 tablespoons (20 g) coconut sugar or sweetener of choice
- 1/4 cup maple syrup
- 1/4 cup unsweetened sunflower butter
- 1/2 cup unsweetened applesauce
- 1 tablespoon alcohol-free vanilla extract

Directions

1. Preheat the oven to 350 F and line a baking sheet with parchment paper.
2. Combine the oats, flax, chia, sunflower seeds, pepitas, and sugar in a bowl and whisk to combine.
3. In a separate bowl, whisk together the maple syrup, sunflower butter, applesauce, and vanilla until creamy. Add the wet mixture to the dry and mix until all of the dry mixture is coated.
4. Transfer the mixture to the prepared baking sheet and press the mixture into the pan so everything is in 1 layer stuck together. Depending on the size of your baking sheet, the granola may not cover the entire sheet; it should be in 1

layer sticking together without holes, at least 1/4 inch thick. Bake for 15 minutes, rotate the pan, and bake for an additional 15 minutes. The edges should have started to brown at this point. Remove from the oven and let cool completely.

5. Break the granola into small clusters. Store in an airtight container for up to a week at room temperature or a month in the refrigerator. NOTE: If you can't find unsweetened sunflower butter, you can use traditional sunflower butter. Add dried fruit, fresh fruit, nuts, seeds, hemp hearts, or allergy-friendly chocolate chips to your bowl of granola for a pop of texture and flavor.

Nutrition Facts

Per Serving:

Calories: 173

Total Fat: 8 g

Saturated Fat: 1 g

% Calories From Fat: 37%

Cholesterol: 0 mg

Protein: 5 g

Carbohydrate: 23 g

Sugar: 8 g

Fiber: 4 g

Sodium: 21 mg

Calcium: 39 mg

Iron: 2 mg

Vitamin C: 0 mg

Beta-Carotene: 4 mcg

Vitamin E: 2 mg