



Ashley's Meal Prep Monday!



Pumpkin Granola (Gluten/Dairy Free)

INGREDIENTS

- 3 cups gluten free rolled oats
- 1 cup pecans
- 1 cup walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup shredded coconut
- 1 TSP salt
- 1 1/2 TSP cinnamon
- 1/2 TSP nutmeg
- 1/2 TSP cloves
- 1/4 TSP all spice
- 1/2 cup pumpkin puree
- 1/2 cup melted coconut oil
- 1/2 cup maple syrup
- 1 TSP vanilla
- Optional: 1 TBSP coconut sugar
- 3 TBSP flax seed
- 1 TBSP chia seeds

Preheat oven to 325 and line a large cookie sheet with parchment paper. In a large bowl, combine oats, nuts, pumpkin seeds, coconut shreds, salt, cinnamon, nutmeg, cloves, all spice, coconut sugar, flax seed and chia seeds.

In a separate bowl, whisk the pumpkin puree, coconut oil, maple syrup and vanilla. Add this to the oat mixture and mix until ingredients are fully combined. Pour finished granola mix onto prepared cookie sheet. Using the back of a spatula, evenly spread and lightly push down granola into the pan.

Bake for 30-35 minutes, stirring at around 20 minutes. After stirring, evenly press and lightly push down the granola into the pan. You'll know it's done when the edges of the oats begin to lightly brown and the granola is very fragrant. *Don't overcook! Burnt granola is NOT good. Also, granola will continue to harden as it cools.

Allow to fully cool on cookie sheet before mixing and moving to a storage container. You can even add chocolate chips after it cools!



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