



Homemade Granolas

BUILD Holistic Nutrition
<https://www.buildnutrition.ca/>



Pumpkin Spice Granola

10 servings

40 minutes

Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 1/4 cup Coconut Oil
- 1/3 cup Maple Syrup
- 1/3 cup Pureed Pumpkin

Nutrition

Amount per serving	
Calories	323
Fat	21g
Saturated	7g
Carbs	28g
Fiber	6g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	64mg

Directions

- 1 Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- 2 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 3 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 4 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 5 Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers: Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts: Use pecans or slivered almonds instead.

No pumpkin: I've tried this without the canned pumpkin puree and it was just fine!

Versatility galore!: My family loves making homemade granola. It's not only delicious, but makes for an easy breakfast on its own or in yogurt, as a snack throughout the day, or atop your favorite protein ice cream for dessert!

Sugar: Suitable for a sugar-cleanse, this recipe has only 1/2 tbsp of honey per serving!



Banana Coconut Granola

6 servings
1 hour 15 minutes

Ingredients

2 cups Oats (rolled or old fashioned)
1 cup Unsweetened Coconut Flakes
1/2 cup Pumpkin Seeds
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1 Banana (ripe, mashed)
2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	310
Fat	20g
Saturated	13g
Carbs	28g
Fiber	6g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	105mg

Directions

- 1 Preheat oven to 300°F (149°C).
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is roughly 1/2 cup of granola.

Serve it With: Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.

Naturally Sweetened: Sweetened with only the bananas, this granola is perfect for kicking sugar-cravings to the curb!



Maple Buckwheat Granola

10 servings
1 hour 5 minutes

Ingredients

- 1 1/2 cups Buckwheat Groats
- 1 1/2 cups Rolled Oats
- 1 cup Almonds (Chopped, substitute different nuts or seeds)
- 1/3 cup Coconut Oil (Melted)
- 1/3 cup Maple Syrup
- 1 tsp Cinnamon
- 1 tsp Vanilla Extract
- 1/2 cup Dried Unsweetened Cranberries (Chopped if needed)
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	280
Fat	15g
Saturated	7g
Carbs	33g
Fiber	5g
Sugar	11g
Protein	6g
Cholesterol	0mg
Sodium	240mg

Directions

- 1 Preheat oven to 300F
- 2 In a large bowl, whisk together buckwheat groats, oats, and nuts and seeds
- 3 In a small bowl, whisk together oil, syrup, cinnamon, salt and vanilla until blended
- 4 Add the syrup mixture to the oats mixture and stir until well coated. Spread the mixture in a single layer on baking sheet lined with parchment paper
- 5 Bake in preheated oven for 55-60 minutes, stirring once or twice, or until oats and buckwheat are golden brown. Let cool completely on pan
- 6 Transfer granola to an airtight container and stir in dried fruit. Store at room temperature for up to 2 weeks

Notes

Substitutions: Substitute maple syrup with honey, brown rice syrup, or agave nectar
Credits: <http://powerhungry.com/2015/11/buckwheat-granola-gluten-free-vegan-awesome/>



Healthy Peanut Butter Granola

8 servings
35 minutes

Ingredients

- 4 cups Oats (Old fashioned, quick cooking oats)
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup All Natural Peanut Butter
- 1/4 cup Raw Honey
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	282
Fat	11g
Saturated	2g
Carbs	40g
Fiber	5g
Sugar	10g
Protein	9g
Cholesterol	0mg
Sodium	79mg

Directions

- 1 Preheat oven to 325 degrees F. Grease a large cookie sheet and set aside
- 2 In a small bowl, mix together oats, salt and cinnamon. Set aside
- 3 In a microwave safe dish or on the stovetop, melt the peanut butter and honey together until smooth
- 4 Remove from heat and stir in vanilla
- 5 Stir in dry ingredients and mix until well combined
- 6 Spread mixture on prepared cookie sheet
- 7 Bake in the preheated oven for 20-25 minutes, or until granola is lightly browned, stirring the granola once gently half way through
- 8 Remove from oven and let sit until cooled
- 9 Once cooled, break apart and eat

Notes

Credits: <https://joyfoodsunshine.com/healthy-peanut-butter-granola/>



Best Keto Granola Recipe (Grain Free and Gluten Free)

20 servings
45 minutes

Ingredients

- 1 1/2 cups Almonds
- 1 1/2 cups Pecans
- 1 1/2 cups Walnuts
- 1/2 cup Sunflower Seeds
- 1/4 cup Chia Seeds
- 1 cup Unsweetened Coconut Flakes
- 2 1/3 tbsps Egg Whites (2 egg whites)
- 1/4 cup Ghee (or nut oil)
- 1/4 cup Almond Butter (or peanut)
- 2 tsps Vanilla Extract
- 1 tsp Ground Cinnamon
- 1 1/3 tbsps Stevia Powder (optional for sweetness)
- 1/2 tsp Salt

Nutrition

Amount per serving	
Calories	273
Fat	26g
Saturated	6g
Carbs	9g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	6mg
Sodium	19mg

Directions

- 1 Preheat the oven to 325°F. Set out a large rimmed baking sheet, a food processor, and a large and small mixing bowl. Spray the baking sheet with nonstick oil spray.
- 2 Pour the almonds, pecans, and walnuts in a large mixing bowl. Toss by hand, then measure out 2 1/4 cups of the whole nuts into the food processor. Pulse several times to break the nuts into smaller pieces, but do not purée into fine crumbs.
- 3 Pour the nut pieces back into the large bowl with the remaining whole nuts. Add in the pepitas, sunflower seeds, Chia seeds, and coconut chips. Mix well.
- 4 In the smaller mixing bowl stir together the ghee and almond butter. (If the almond butter is solid consider microwaving for 30 to 60 seconds to soften.) Then stir in the egg whites, vanilla extract, cinnamon, salt, and erythritol.
- 5 Poor or scoop the mixture over the nuts and seeds. Stir well until all the pieces are coated and some are clumped together.
- 6 Spread the mixture out over the baking sheet in an even layer. Bake for 15 minutes. Then use a metal spatula to flip the granola over. Spread the mixture out and bake another 8 minutes. Flip the granola again and spread it out into an even layer. Finally bake for another 6 to 8 minutes, making sure the nuts do not turn dark.
- 7 Cool the granola completely on the baking sheet. Then use the spatula to move the granola to a large storage container.



Paleo Nut & Seed Granola

8 servings
40 minutes

Ingredients

- 1/2 cup Slivered Almonds
- 1/2 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1/2 cup Unsweetened Coconut Flakes
- 1/4 cup Ground Flax Seed
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Raw Honey
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1/2 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	397
Fat	32g
Saturated	0g
Carbs	26g
Fiber	0g
Sugar	0g
Protein	9g
Cholesterol	0mg
Sodium	0mg

Directions

- 1 Preheat the oven to 300. Line a large baking sheet with parchment paper.
- 2 Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
- 3 Bake for 30 minutes, giving a stir at the 15 minute mark.
- 4 Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
- 5 Add to a bowl and serve with a bit of almond milk (about half a cup) for breakfast or eat dry as a snack. Enjoy!

Notes

Nut Allergy: Use sesame seeds instead of slivered almonds.

Storage: Store in a mason jar or airtight container in the fridge for up to 1 week.

No Dried Cranberries: Use raisins.

Power of Seeds: Pumpkin, sesame and sunflower seeds are all high in magnesium and zinc. Zinc, among many health benefits, is required for the stomach to produce HCl (stomach acid) making it a crucial nutrient in digestive function. Magnesium plays an important role in energy production, bone formation, inflammation and blood sugar control.