

Grain Free Granola with Yogurt and Berries



SERVINGS: 4

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 cup, whole [71.5 g] Almonds
- 0.5 cup, halves [54 g] Pecans
- 0.5 cup [68.5 g] Dry Roasted Cashew Nuts
- 4 tbsp [40 g] Hemp Hearts
- 4 tbsp [28 g] Pumpkin Seeds
- 1 tsp [4.2 g] Vanilla Extract
- 3 tbsp [60 g] Maple Syrup
- 1 tsp. [1 g] Himalayan Pink Salt
- 3 cup [366 g] Unsweetened Coconut Milk Yogurt
- 1.5 cup [184.5 g] Raspberries
- 1.5 cup [216 g] Blackberries

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In food processor, blend almonds, pecans, cashews, hemp hearts, and pumpkin seeds together.
3. In a bowl, mix. the seeds/ nuts with vanilla extract, maple syrup and. salt.
4. On a baking sheet add parchment paper, spread over nut mixture ob the paper and bake for 10-12 minutes.
5. Add 3/4 cup (92 g) yogurt to each bowl for serving.
6. Once granola is cooled, divide the granola and berries evenly per serving to top the granola.

NUTRITION INFO

Calories : 573.88

Fat : 43.05 g

Carbs : 43.65 g

Protein : 15.7 g

Fiber : 11.83 g