

Maple Quinoa Granola

2 Tbsp. Coconut Oil

½ c Quinoa

3 c Quick Oats

¾ c Maple Syrup

½ Tsp Cinnamon

1 Pinch Nutmeg

¼ tsp Salt

3 Tbsp. Brown Sugar

½ c Banana Chips

½ c Pecan Pieces

½ c Raisins

Heat coconut oil in sauté pan over medium high heat. Add quinoa. Toast lightly; 1-2 minutes. Add quick oats, cinnamon, nutmeg and salt. Continue to toast for 1-2 more minutes. Add maple syrup. Cook until ½ the moisture has evaporated. Spread quinoa mixture evenly over greased sheet pan. Place in 300° oven for 8-10 minutes or until lightly browned. Remove from oven and add brown sugar. Allow to cool. Add raisins, pecans and banana chips.

****Enjoy with yogurt or with your favorite style of milk. ***

Try different combinations of dried fruits and nuts. *

Blueberry, Banana & Almond

Cranberry, Pumpkin Seed & Pecan

Apple, Raisin & Walnut