

SAVORY QUINOA, SEED, OAT GRANOLA FIT

Serving size: ¼ cup

Makes 18 servings

- 2 TBSP Maple Syrup
- 2 TBSP Dijon Mustard
- 5 TBSP Apple Cider Vinegar
- 2 TBSP Tahini Paste
- ¼ tsp Cayenne Pepper
- ½ tsp Salt
- ¼ tsp Black Pepper
- 1 cup Dry Oats
- 2/3 cup Dry Quinoa
- 1 cup Hulled Pumpkin Seeds
- ¼ cup Sesame Seeds
- ¼ cup Roasted, Unsalted Sunflower Seeds

Preparation:

1. Preheat oven to 325°F.
2. In a bowl, whisk together maple syrup, Dijon mustard, apple cider vinegar, tahini, cayenne, salt and pepper.
3. Add oats, quinoa, pumpkin seeds, sesame seeds and sunflower seeds to bowl. Mix until evenly combined.
4. Evenly spread mix on a parchment lined baking sheet. Bake for approximately 20-30 minutes, or until golden brown, stirring every 10 minutes.
5. Remove from heat and allow to cool completely before serving.



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	150
total fat (g)	10
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	95
total carbohydrate (g)	12
dietary fiber (g)	2
sugar (g)	2
protein (g)	6