

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 Kosher Salt
- ¼ tsp Black Pepper
- 1 cup Oats, dried
- 2/3 cup Quinoa, dried
- 1 cup Pumpkin Seeds
- ¼ cup Sesame Seeds
- ¼ cup Sunflower Seeds

Preparation:

1. Preheat oven to 325°F. Line a baking sheet with parchment paper and set aside.
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 mixture on baking sheet. Bake for approximately 20-30 minutes, stirring every 10 minutes, or until golden brown. 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