

Savory Quinoa, Seed, Oat Granola

Serving Size: ¼ cups Makes: 9 servings (~2¼ cups)

Ingredients

1 TBSP	Maple Syrup
1 TBSP	Dijon Mustard
2½ TBSP	Apple Cider Vinegar
1 TBSP	Tahini
1/8 tsp	Cayenne Pepper
¼ tsp	Salt
1/8 tsp	Black Pepper, ground
½ cup	Old-Fashioned Oats
1/3 cup	Quinoa, dry
½ cup	Pepitas (Hulled Pumpkin Seeds)
2 TBSP	Sesame Seeds
2 TBSP	Sunflower Seed, unsalted

NUTRITION FACTS PER SERVING

calories	160
total fat (g)	10
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	95
total carbohydrate (g)	12
dietary fiber (g)	3
sugar (g)	2
protein (g)	7

 **RD APPROVED**

Preparation

1. Preheat oven to 325°F. Line a sheet pan with parchment paper.
2. In a medium bowl, whisk together maple syrup, mustard, vinegar, tahini, cayenne, salt, and pepper.
3. Add oats, quinoa, pumpkin seeds, sesame seeds, and sunflower seeds. Mix all ingredients to combined.
4. Spread mixture evenly over sheet pan and bake 20-30 minutes, tossing every 10 minutes. Bake until golden brown. Allow to cool completely.



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