

Granola/Protein Bars

Pumpkin Seed Granola (Nut-free, Grain-free) - serving 4

Ingredients

- 1/2 cup pumpkin seeds
- 1 cup shredded unsweetened coconut
- 1/4 cup chia seeds
- 1/4 cup sunflower seeds
- 1 Tablespoon coconut oil
- 2 Tablespoons pure maple syrup (or stevia, to taste)
- 1 teaspoon pumpkin pie spice
- 1/8 teaspoon sea salt
- 1/2 cup raisins (optional) (1/8-1/4)

Instructions

- Preheat your oven to 300F. Combine the pumpkin, sunflower and chia seeds in a small food processor, and pulse just enough to break down the seeds into chunky texture.
- Transfer the seeds to a small bowl, and mix in the shredded coconut, coconut oil, maple syrup, pumpkin pie spice, and salt.
- Stir until well coated, then transfer to a baking sheet lined with parchment paper, or a Silpat.
- Spread the mixture out evenly using your hands or a fork.
- Bake at 300F for about 20 minutes, stirring half-way through to avoid burning.
- You want this mixture nice and golden, not burnt! Alternatively, you could use a dehydrator set to 118F for 4-5 hours, if you have that kind of patience.
- Allow the toasted granola to cool completely, then stir in the raisins and store in an airtight container. Serve with homemade almond milk, and enjoy!

Pumpkin Pie Spice - Ingredients

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cloves
- 1/2 teaspoon allspice

Granola/Protein Bars

Granola

8 cups oats

2 cup pecans or other nuts (almonds)

1 cup pumpkin seeds or other seeds (sunflower seeds)

2 tsp salt

1 tsp cinnamon

1 cup coconut oil

1 cup maple syrup (molasses)

2 tsp vanilla

1 1/3 cups dried fruit (raisins, cranberries, apricots, etc)

1 cup coconut

350 for 30 minutes - until golden brown

Granola/Protein Bars

Simple Grain Free Granola

Ingredients

- 1/2 cup unsweetened coconut flake
- 2 cups slivered raw almonds
- 1 1/4 cup raw pecans
- 1 cup raw walnuts
- 3 Tbsp chia seeds
- 1 Tbsp flaxseed meal
- 1 1/2 tsp ground cinnamon
- 2 Tbsp coconut, cane, or muscavado sugar
- 1/4 tsp sea salt
- 3 Tbsp coconut or olive oil
- 1/3 scant cup maple syrup (or sub agave or honey if not vegan)
- 1/4 cup dried blueberries (or other dried fruit - optional but good)
- 1/4 cup roasted unsalted sunflower seeds

Instructions

- Preheat oven to 325 degrees F (162 C) and position a rack in the center of the oven.
- In a large mixing bowl, combine the coconut, nuts, chia seeds, flax seed, cinnamon, coconut sugar, and salt.
- In a small saucepan over low heat, warm the coconut oil and maple syrup and pour over the dry ingredients and mix well.
- Spread the mixture evenly onto a large baking sheet (may require two depending on size) and bake for 20 minutes. Then remove from oven, add dried blueberries and roasted sunflower seeds, and stir.
- Increase heat to 340 degrees F (171 C) and return to oven for another 5-8 minutes, or until deep golden brown.
- The coconut oil will help this granola crisp up nicely, but be sure to watch it carefully as it browns quickly.
- Once the granola is visibly browned and done cooking (about 27 minutes total for me), remove from the oven and let cool completely.
- Store in a container with an air-tight seal, and it should keep for a few weeks.

Granola/Protein Bars

Peanut Butter Granola

Ingredients

- 1 cup quinoa flakes
- 1 cup unsweetened flaked coconut
- 2 cups puffed brown rice cereal
- 2/3 cups unsalted pumpkin seeds
- 2/3 cups unsalted slice almonds
- 2 tablespoons chia seeds
- 1/2 cup dried fruit (blueberries, raisins, cranberries, etc.)
- 1/4 cup brown rice syrup
- 1/3 cup peanut butter
- Pinch of salt
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350°. Mix together the quinoa flakes and coconut on a parchment-covered baking sheet. Bake in preheated oven for about 10 minutes, or until the mixture starts to brown (watch carefully, it'll burn quickly).
2. Pour the roasted quinoa flakes and coconut into a large bowl, add in the brown rice cereal, pumpkin seeds, sliced almonds, dried fruit and chia seeds and toss to mix. Set aside.
3. In a small, microwave-safe bowl, combine the brown rice syrup and peanut butter. Microwave on high for 30-60 seconds, or until melted and liquidy. Mix in the salt and vanilla extract. Pour mixture over the cereal mixture and toss to coat (try to get everything coated evenly). Dump mixture onto the parchment-covered baking sheet and spread into one layer. Bake in preheated oven for 25-30 minutes, stirring every 10 minutes, or until the granola is brown and fragrant. Let cool completely and then store in airtight containers.

Granola/Protein Bars

The Best Grain Free Granola - makes 3-1/2 cups granola

Ingredients

- 1-1/2 cups unsweetened coconut chips/flakes
- 3/4 cups sliced almonds
- 3/4 cups whole raw pecans
- 1/2 cup raw pumpkin seeds (pepitas)
- 1 Tablespoon chia seeds
- 1/2 teaspoon cinnamon
- big pinch salt
- 4 Tablespoons real maple syrup (not pancake syrup)
- 1 Tablespoon coconut oil
- 1 teaspoon vanilla

Instructions

- Preheat oven to 300 degrees then line a half sheet pan with a silpat or parchment paper and set aside.
- Combine first 7 ingredients (coconut chips through salt) in a large bowl then stir to combine. Add maple syrup and coconut oil to a small bowl then microwave for 25-30 seconds to melt the coconut oil. Stir in vanilla.
- Pour the maple syrup mixture over the granola mixture then mix well to coat. Spread onto prepared sheet pan then bake for 15-20 minutes or until almond slices and coconut chips are golden brown (don't let them get too dark) stirring twice. Granola will crisp as it cools.
- Cool completely on sheet pan before transferring to a Ziplock bag or airtight container. Will stay fresh for four days or so on the counter.

Granola/Protein Bars

Coco-Nutty Grain Free Granola

Ingredients

- 3 cups unsweetened coconut flakes
- 2 cups raw nuts, roughly chopped (I used 1 cup raw cashews, 1/2 cup raw almonds, roughly chopped, 1/4 cup raw walnuts, 1/4 cup raw pumpkin seeds)
- 2 tablespoons chia seeds
- 1 teaspoon ground cinnamon
- 5 tablespoons coconut oil or butter, melted

Instructions

- Preheat oven to 250°F and line a baking sheet with parchment paper.
- Combine all ingredients in a bowl, mix thoroughly, and spread evenly on the sheet.
- Bake 30-40 minutes until golden, rotating halfway through cooking time.
- Remove from oven and allow to cool, then eat while it's still crispy.

Granola/Protein Bars

The Best Healthy Granola

Ingredients

- 4 cups old-fashioned oats*
- 1 cup slivered almonds (or your preferred kind of nuts/seeds)
- 1/4 cup chia seeds (optional)
- 2 teaspoons ground cinnamon
- 3/4 teaspoon fine sea salt*
- 1/2 cup melted coconut oil
- 1/3 cup maple syrup
- 2 teaspoons vanilla extract
- 2/3 cup unsweetened coconut flakes (or 1/2 cup shredded coconut)
- 1/2 cup chopped dried fruit or semisweet chocolate chips (optional)

Instructions

- Heat oven to 350°F. Line a large baking sheet with parchment paper, and set aside.
- In a large mixing bowl, stir together oats, almonds, chia seeds, cinnamon and sea salt until evenly combined.
- In a separate measuring cup, stir together the melted coconut oil, maple syrup and vanilla extract until combined. Pour the coconut oil mixture into the oats mixture, and stir until evenly combined.
- Spread the granola out evenly on the prepared baking sheet. Bake for 20 minutes, stirring once halfway through. Then remove from the oven, add the coconut, and give the mixture a good stir. Bake for 5 more minutes, until the granola is lightly toasted and golden.
- Remove from the oven and transfer to a wire baking rack. Let cool until the granola reaches room temperature. Then stir in the dried fruit, chocolate chips or any other optional add-ins you might prefer.
- Serve immediately, or store in an airtight container at room temperature for up to 1 month.

Granola/Protein Bars

Raw Granola

Ingredients

Oat Groats (soaked overnight)

Cashews, Pecans, Almonds, Walnuts (soaked and dehydrated)

Sunflower Seeds (soaked and dehydrated)

Cinnamon

Nutmeg

Vanilla

Honey or Date paste (date paste is just dates processed with water)

Instructions

This is a recipe I found and is better made when you have had some experience with other granolas. There are no measurements, so you are putting in the amounts that you want adjusting according to your tastes.

Combine everything in bowl. Mix well. Spread on teflex sheet and dehydrate at 105 degrees til crunchy (takes quite a while). You can also set your oven for 250 and turn off and put the granola inside and leave for 12-24 hours. Repeat as often as necessary until it reaches the desired crunchiness. We used to use dehydrators but they were energy hogs!

Enjoy by itself or add raisins and almond milk for a yummy cereal!

Granola/Protein Bars

Healthy 5-Ingredient Granola Bars

Ingredients

- 1 heaping cup packed dates (pitted medjool)
- 1/4 cup maple syrup or agave nectar
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds (loosely chopped)
- 1 1/2 cups rolled oats (gluten-free for GF eaters)
- Chocolate chips, dried fruit, nuts, banana chips, vanilla, etc. (optional additions)

Instructions

- Process dates in a food processor until small bits remain (about 1 minute). It should form a “dough” like consistency. (Mine rolled into a ball.)
- Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw – I prefer the toasted flavor.
- Place oats, almonds and dates in a large mixing bowl – set aside.
- Warm maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- Once thoroughly mixed, transfer to an 8×8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars // adjust size of pan if altering batch size).
- Press down firmly until uniformly flattened – I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
- Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
- Remove bars from pan and chop into 10 even bars (or 9 squares // as original recipe is written). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary.

Granola/Protein Bars

Almond Butter Protein Fudge Bars - 12 servings (7 grams of protein)

Ingredients

- 1/2 cup protein powder
- 1/2 tsp vanilla
- 2 Tbsp. coconut flour
- 1/2 cup creamy almond butter
- 4 Tbsp. coconut oil
- 2 Tbsp. maple syrup

Instructions

- In a medium-sized mixing bowl, combine protein powder and coconut flour. Mix until well combined and set aside.
- In a small pan over medium-low heat, add almond butter, coconut oil, and maple syrup, stirring until the almond butter is melted and the mixture becomes smooth.
- Remove from heat and pour into the dry mixture, stirring until everything is fully combined.
- Line a medium-sized container with parchment paper and pour the mixture into it, using a spatula or your fingers to spread it out evenly and press it down firmly.
- Remove container from freezer and use the parchment paper to lift out the fudge. Use a sharp knife to cut into size of your choice and enjoy!
- Store in freezer and remove a few minutes before eating for best results.

Granola/Protein Bars

Cookies & Cream - 6 protein bars

Ingredients

- 3/4 cup coconut butter, softened until spreadable
- 1 1/2 tablespoons cashew butter
- 2 tablespoons honey or maple syrup
- 1 teaspoon pure vanilla extract
- 60 grams (2 scoops) **Vege PRO-7 vanilla protein powder**, or other vanilla protein powder

Instructions

- Line a 6x4 baking dish or loaf pan with parchment paper and set aside.
- In a large bowl, combine softened coconut butter, cashew butter, honey (or maple syrup), and vanilla extract.
- Stir with a spatula until fully combined and smooth.
- Stir in protein powder and chocolate chunks until well combined and incorporated.
- Pour the mixture into prepared pan. Spread and press down to flatten. Cover and freeze for at least 20 minutes until fully set.
- Slice into 8 bars and enjoy! Store covered in the fridge or freezer.

- **Nutritional Information**

Serving Size: 1 bar Calories: 273 Fat: 19g Saturated Fat: 15g
Carbohydrates: 17g Sugar: 9g Sodium: 14mg Fiber: 5.5g Protein: 9g

Granola/Protein Bars

No-bake Cherry vanilla Protein Bars - 10 bars (12 grams of protein)

INGREDIENTS

- 1 cup old-fashioned oats or rice flakes
- 1/3 cup ground flaxseed
- 1/3 cup unsweetened shredded coconut
- 3 scoops vanilla plant-based protein powder (whey will not work)
- 1/2 cup almond butter
- 1/4 cup pure maple syrup
- 1 tbsp almond milk
- 1 tsp vanilla extract
- 1/3 cup dried cherries or cranberries

INSTRUCTIONS

- Line a loaf pan with parchment paper (unless you want to roll them into balls instead). Set aside.
- Place oats, ground flax, coconut and protein powder in a blender or food processor (I used my nutribullet). Blend until the mixture resembles a powder.
- Dump dry mixture into a medium mixing bowl. Add in almond butter, maple syrup, almond milk and vanilla, stirring until well combined (I used my hands). Fold in dried cherries.
- Dump mixture into lined loaf pan. Press down firmly using your fingers until it's completely flat and smooth. Freeze for at least 30 minutes before slicing into 9-11 bars.
- Store in the fridge or freezer.

Granola/Protein Bars

Chocolate Mint Protein Bars - 12 bars (9 grams of protein)

Ingredients

- 1 cup of dates
- 1 cup of nuts (I used 1/2 cup cashews and 1/2 cup of almonds)
- 3/4 cup protein powder
- 1/4 cup cocoa powder
- 1/2 tsp peppermint extract
- 2 T almond milk (if using whey protein, you will need to use slightly more)
- 1/2 tsp sea salt
- 1/2 tsp vanilla

Instructions

- Place dates in food processor and process until pea-like consistency is reached.
- Add in nuts and continue processing until dates and nuts are finely ground.
- Add in protein powder, cocoa powder, salt, peppermint extract and almond milk and process until a well-combined sticky ball is formed.
- Take a 9 x 9 inch baking dish and line with plastic wrap.
- Place bar mixture into dish and flatten, making sure the top is even.
- Place in freezer for at least 15 mins.
- Remove from freezer and lift plastic wrap out of dish.
- Cut into 12 bars.
- Store in fridge or freezer.