

High-Protein Vegan Granola

Web Recipe · Breakfast · Snack · GF

310 cal · 20g protein · 30g carbs · 14g fat · 10 servings

Ingredients

- 3 cups rolled oats
 - 1 cup soy protein crisps
 - 1/2 cup raw almonds roughly chopped
 - 1/2 cup pumpkin seeds
 - 1/4 cup hemp seeds
 - 1/4 cup sunflower seeds
 - 1/3 cup maple syrup
 - 3 tbsp almond butter
 - 2 tbsp coconut oil melted
 - 1 tsp vanilla extract
 - 1 tsp cinnamon
 - 1/4 tsp salt
 - 1/2 cup dried cranberries
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Instructions

1. Preheat oven to 325°F (165°C). Line a large baking sheet with parchment paper.
 2. In a large bowl, combine rolled oats, soy protein crisps, chopped almonds, pumpkin seeds, hemp seeds, sunflower seeds, cinnamon, and salt.
 3. In a small saucepan, warm maple syrup, almond butter, and melted coconut oil. Add vanilla extract and stir until smooth.
 4. Pour wet mixture over dry ingredients and toss until everything is evenly coated.
 5. Spread in an even layer on the baking sheet. Press down gently for clumps.
 6. Bake 25-30 minutes, stirring once at the halfway mark. Granola will crisp up as it cools.
 7. Let cool completely on the pan. Mix in dried cranberries.
 8. Store in an airtight container for up to 3 weeks.
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