

Protein Granola (4 Ingredients!)

★★★★★

This protein granola is a healthy breakfast made with just 4 ingredients! The addition of protein powder adds an extra 22 grams of protein per serving!

Course	Breakfast
Cuisine	American
Prep Time	5 minutes
Cook Time	13 minutes
Total Time	18 minutes
Servings	8 servings
Calories	175kcal
Author	Arman

Ingredients

- 2 cups rolled oats gluten free, if needed
- 1/2 cup protein powder * See notes
- 1/3 cup peanut butter ** See notes
- 1/4 cup maple syrup or honey
- 1 cup mix-ins of choice *** See notes

Instructions

1. Preheat the oven to 180C./350F. Line a large baking tray with parchment paper and set aside.
2. In a large mixing bowl, add the oats and protein powder and mix well. In a microwave safe bowl, add the peanut butter and maple syrup and microwave in 20-second spurts, until the peanut butter has melted.
3. Add the wet ingredients into the dry ingredients and mix well, until fully incorporated.
4. Transfer the protein granola mixture onto the lined baking tray and spread out in an even layer. Place the baking tray in the oven and bake for 13-15 minutes, removing the granola halfway through to stir.
5. Remove the granola from the oven and mix once more, before letting it cool completely. Once it reaches room temperature, transfer into a large mixing bowl and add your mix-ins of choice.

Notes

* Use vanilla or plain protein powder. I used a brown rice vanilla protein powder that is both vegan and gluten free.

** Any smooth/creamy nut or seed butter of choice can be used.

*** I used dried cranberries, cashews, almonds, and banana chips.

TO STORE: Protein granola should be stored at room temperature, in a sealable container or jar. The granola will keep well for up to 1 month.

TO FREEZE: Place leftover granola in a ziplock bag and store it in the freezer for up to 6 months.

Nutrition

Serving: 1serving | Calories: 175kcal | Carbohydrates: 16g | Protein: 22g | Fat: 7g | Sodium: 62mg | Potassium: 186mg | Fiber: 3g | Vitamin A: 18IU | Calcium: 48mg | Iron: 2mg | NET CARBS: 13g

© thebigmansworld.com ® All content, recipes, and images are legally protected by copywrite. Please do not use my images or recipes without permission. Please contact Arman if you need further clarification.