BetterBody Foods

Nutty Agave Granola

Prep: 15 min Cook: 30 min Total: 45 min Servings: 20

Calories: 206 Fat: 12g Protein: 5g Carbs: 21g Fiber: 0g

Ingredients

- 1/4 cup BBF Organic Naturally Refined Coconut Oil
- 1/2 cup BBF Organic Agave
- 1 tsp ground cinnamon
- 2 Tbsp BBF Organic coconut sugar
- 1 tsp Vanilla Extract
- 1/2 cup BBF Organic Chia Seeds
- 3 cup rolled oats
- 3/4 cup slivered almonds
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 2 Tbsp flax seeds
- 2 Tbsp wheat germ
- 1/4 tsp salt

Directions

1. Line a baking sheet with parchment paper. Preheat oven to 350 degreesF.
2. Mix the coconut oil, agave, cinnamon, coconut palm sugar and vanilla in a small bowl until smooth.
3. Combine the oats, almonds, sunflower seeds, pumpkin seeds, flax seeds, wheat germ and salt in a large bowl.
4. Add the wet mixture to the dry mixture and stir, making sure everything is evenly coated. Spread the mixture evenly on the prepared baking sheet. Bake, stirring occasionally, until golden brown and crisp, 25-30 minutes.
5. Enjoy your Nutty Agave Granola!