



## GOJI BERRY, PISTACHIO, AND SEEDED GRANOLA



**Granol-yeah. Granola and yogurt was THE staple snack of my youth. The light and crunchy treat can be used not only as a topping on yogurt but also eaten as a cereal or all by itself as a snack. This recipe is an ode to my childhood and Saturday morning cartoons. Superpowers are now mine to discover by consuming this superfood granola. Packed with goji berries and hemp seeds this granola packs a super healthy punch. The oats and pumpkin seeds offer powerful antioxidants and also help to benefit blood sugar regulation and heart health. All of this power is mixed with maple syrup and vanilla to create a delightful sweetness. The best part of it all, it's quick and easy to make with no need to bake.**

### **YIELD:**

2 cups

### **RECIPE TYPE:**

Breakfast, Snack

### **RECIPE CATEGORY:**

Cheap Seats, Tiny Pro's Approved, Hurry Up Offense

### **INGREDIENTS:**

1 cups rolled oats  
½ teaspoon salt  
1 tablespoon coconut oil  
3 tablespoons maple syrup  
1 teaspoon vanilla  
1/3 cup pistachios, chopped  
1/3 cup raw pumpkin seeds  
¼ cup coconut flakes  
1 teaspoon cinnamon  
1/3 cup goji berries  
1/3 cup hemp seeds

### **STEP 1**

Heat a large skillet over the stove on low heat. Spread the oats in a thin and even layer across the pan. Let them toast for 1 - 2 minutes. Stir to make sure they don't burn.

**STEP 2**

Add the coconut oil and salt, stir until oats are well coated. Continue to toast the oats for 5 - 7 minutes, stirring occasionally.

**STEP 3**

Add the maple syrup (1 tablespoon at a time) and the vanilla extract, stir to coat. (Keep your stove at a pretty low temperature to assure that the maple syrup doesn't burn).

**STEP 4**

Once oats are toasted, add pistachios, pumpkin seeds, coconut flakes, and cinnamon. Continue to slowly cook, about 5 minutes, until everything is toasted evenly.

**STEP 5**

Remove from the pan and stir in goji berries and hemp seeds. Let cool and enjoy!

**STEP 6**

You Did It, High Five Friend!

