

No-Cook Vanilla Cinnamon Granola

Prep Time 5 mins
 Total Time 10 mins
 Meal Type Breakfast, Snack, Side
 Contributed By **LivingPlateRx**
 Source Living Plate Teaching Kitchen
 Servings 6



Ingredients

lb,c g,ml

- 1 cup walnuts, raw, *chopped*
- 12 dates, Medjool, *pitted and chopped*
- 1 cup oats, rolled (gluten-free if necessary)
- 1/4 cup coconut flakes, unsweetened
- 1 Tbs chia seeds
- 1 Tbs hemp seeds
- 1 tsp vanilla extract
- 1/2 tsp cinnamon, ground
- salt, *to taste*

Directions

Prep

1. Pit and chop dates.

Make

1. Add walnuts to food processor and pulse until roughly chopped.
2. Add dates and pulse until combined with walnuts.
3. Add balance of ingredients and pulse until combined.
4. Add a few pinches of salt if desired.
5. Pour onto baking sheet and separate with fingers. Let air dry for about four hours.
6. Place in an airtight container and store in refrigerator for up to two weeks.

Notes

Pecans work well in place of walnuts here. Have a nut allergy? Replace walnuts with sunflower seeds or pumpkin seeds.

Serving size indicated is perfect for breakfast or snack but you can also use less as a topping!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 370 per serving		Total Fat 18.2g	27%	Total Carbohydrates 50g	16%
		Saturated Fat 4.0g	20%	Dietary Fiber 7g	29%
		Trans Fat 0.0g		Total Sugars 33g	
	Cholesterol 0mg	0%	Protein 9g		
	Sodium 3mg	0%			
Vitamin D 0mcg 0% · Calcium 67mg 6% · Iron 2mg 10% · Potassium 560mg 11%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -