Vanilla Chai Spiced Granola

Serve Vanilla Chai Spiced Granola over your favorite yogurt, with your favorite milk or right out of the jar. Or package some up in a jar with a pretty ribbon for a festive holiday gift for the healthy foodies in your life.

Prep: 10 min Cook: 20 min Total: 30 minutes

Servings: ~24 servings | 1x | 2x | 3x |

INGREDIENTS

- 3 cups gluten-free oats
- 1 cup large coconut flakes, unsweetened
- 1 cup slivered almonds
- 1 cup chopped pecans
- ½ cup brown rice syrup or maple syrup
- ⅓ cup coconut oil
- 2 tsp. cinnamon
- 1 tsp. ginger
- ½ tsp. cloves
- ½ tsp. cardamom
- 2 tsp. pure vanilla extract
- Pinch of sea salt
- 3/4 cup dried plums, chopped OR dried fruit of choice (such as raisins or cranberries)

INSTRUCTIONS

1. Preheat oven to 325°F degrees. Line a rimmed baking sheet with parchment paper.
2. In a large bowl combine the oats, coconut flakes, almonds and pecans. Set aside.
3. In a small saucepan over medium heat, combine brown rice syrup, coconut oil and spices. Stir continuously and heat just until warm. Remove from heat and stir in vanilla.
4. Add the brown rice syrup mixture to the oat mixture and stir until evenly coated. Transfer to sheet pan.
5. Bake for 20 minutes or until golden brown, stirring halfway through baking time.
6. Remove from oven and allow to cool for 10-15 minute before stirring in dried plums or dried fruit of choice.
7. Serve with milk, on top of yogurt or enjoy on its own.
8. Store in an airtight container in the pantry for up to 3 weeks.

NUTRITION INFORMATION

Serving Size: 1/3 cup **Calories:** 220 **Fat:** 12 g **Sodium:** 20 mg **Carbohydrate:** 28 g

(**Fiber:** 5 g **Sugar:** 6 g) **Protein:** 4 g

DIETARY

Dairy-Free Egg-Free Gluten-free Vegan Vegetarian

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Find it online: https://therealfooddietitians.com/vanilla-chai-spiced-granola/