
Chunky Pumpkin Chai Granola

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 1/2 cups rolled oats
- 1 cup rough oat flour*
- 1/2 cup buckwheat groats
- 3/4 cup raw pecans, roughly chopped
- 1/2 cup raw pumpkin seeds
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cardamom
- 1/4 teaspoon ginger powder
- 1/8 teaspoon ground cloves
- pinch of black pepper
- 3/4 cup pumpkin puree
- 1/3 cup maple syrup
- 1/3 cup coconut or brown sugar
- 1/4 cup coconut oil
- 1/2 cup dried fruit (optional)

Instructions:

1. Pre-heat your oven to 300F OR 150C. Prepare a baking sheet with parchment paper or a silicone baking mat.
2. Mix all the dry ingredients together in a medium bowl – oats, oat flour, buckwheat, pecans, pumpkin seeds, salt and chai spices.
3. In a different bowl mix together the pumpkin puree with the sugar, maple syrup, and oil. Pour over the dry mixture and start mixing just until everything is nicely incorporated.
4. Transfer the mixture to the prepared baking sheet. Spread evenly and press down firmly.
5. Bake for 20 mins. Take the tray out of the oven and carefully flip big chunks of the granola to the other side, using a large metal spatula if you have one. Return the tray back to the oven and bake another 20-30 minutes until the granola is completely dry and has started to crisp up.
6. Cool on a rack until it completely cools down. Break into chunks, add the dried fruit if using, and store in an airtight container in the fridge.

Notes:

Process the oats to break it down without turning it into a fine flour.