

Easy No-Bake Granola

Skip the store-bought stuff, and make your own homemade no-bake granola!

High in healthy fats from seeds, and fibre from rolled oats, coconut, brown rice and **CanPrev's Fibre Feel**, this granola will keep you full and satisfied.

Homemade always tastes better. Perfect for topping your breakfast, easy snacking, or taking on-the-go!



Preparation time: 10 mins | Servings: 8



Ingredients

Dry Ingredients

- 1 ½ cups rolled oats
- 1 cup puffed brown rice cereal
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup shredded coconut, unsweetened
- ½ tsp cinnamon
- ⅛ tsp salt

Wet Ingredients

- ½ cup maple syrup, or honey
- ⅓ cup sunflower seed butter
- 1 tsp vanilla extract
- 4 scoops Fibre Feel

Method

1. In a large mixing bowl, combine dry ingredients and stir until well combined.
2. Add honey, sunflower seed butter, and vanilla into a smaller glass mixing bowl, and warm for 20 seconds in the microwave, or until just melted.
3. Add Fibre Feel to the wet ingredients and stir vigorously until smooth.
4. Pour the wet ingredients into the dry bowl, and stir until evenly combined, and chunks have begun to form. The chunkier the better!
5. Enjoy on its own, or with a fruit and yogurt parfait!

Storage Instructions: keep in airtight container in a cool, dry place for up to 1 week.

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Developed by: Krista Goncalves



As a Certified Holistic Nutritionist and Certified Fitness Trainer, Krista is a strong believer in the power of real food along with high-quality supplements to live a healthy lifestyle.

