



Longève Granola

Makes 5 cups, about 10 servings

Prep Time: 15 minutes

Cook Time: 45 minutes

Tags: Vegan, Gluten-Free, Everyday Recipes

Looking for another unique way to incorporate Longève plant-based protein into your diet? How about in a scrumptious homemade granola! Pour on the plant milk or sprinkle it over creamy coconut yogurt for a delicious protein-boosted breakfast. Try it blended into a rich and nutrient-dense smoothie or use it to top your next acai bowl. It's also great straight up as a quick and satisfying snack. This granola is much better for you than most store-bought varieties, and is also entirely versatile. Feel free to swap out the cashews for walnuts or pecans, replace the chia seeds with hemp hearts, or the pumpkin seeds for sunflower. It's easy to make, and easy to make your own!

Ingredients:

2 cups rolled oats

½ cup Longève Original Crumbles

½ cup raw cashews, chopped

¼ cup raw pumpkin seeds

¼ cup unsweetened shredded coconut

1 tablespoon chia seeds (or flax or hemp seeds)

1 ½ teaspoons cinnamon

¼ teaspoon nutmeg

¼ teaspoon fine sea salt

1/8 teaspoon ground ginger

¼ cup brown sugar (or coconut sugar)

¼ pure maple syrup (or honey or agave syrup)

3 tablespoons coconut oil, melted

½ teaspoon vanilla extract

½ cup mixed dried fruits (cranberries, raisins, chopped apricots, etc.)

Method:

- Preheat oven to 325 degrees.
- In a food processor or blender, grind ½ cup of the rolled oats with ¼ cup of the Longève crumbles to a flour-like consistency.
- Combine flour with the remaining oats, Longève crumbles, cashews, pumpkin seeds, coconut, chia seeds, spices and salt and mix well.
- In a separate bowl, whisk together the dry and liquid sweeteners with the oil and vanilla until the sugar is dissolved.
- Pour liquid mixture into the dry and mix thoroughly.
- Spread granola mixture evenly onto a lightly oiled cookie sheet.
- Bake in preheated oven for about 40 - 45 minutes or until golden brown, stirring mixture once halfway through baking time.
- Remove from oven and let cool completely before storing in an airtight container.
- If you prefer large clusters in your granola, then press firmly into the oiled cookie sheet and do not stir during baking. Let cool completely before breaking up into pieces.