

Low Fat Granola

This granola needs no baking, its low fat, crunchy and full of flavor. Great to top off smoothie bowls or eat with your favorite plant based milk and fruit.

Prep:
5 minutes

Cook:
0 minutes

Ready In:
5 minutes

Servings:
8



Ingredients

1 cup rolled oats
15 pitted medjool dates*
1/4 cup puffed quinoa*
1/4 cup buckwheat groats
2 tsp cinnamon
2 tsp vanilla extract
pinch of salt

Instructions

1 This one is super easy to make you are just going to put all the ingredients into a food processor and process until it starts to stick together. Place in a jar and keep in the fridge for up to a month. Use this to top smoothie bowls or with plant milk and fruit as a delicious filling breakfast.

2 *Notes If your dates are very dry make sure to soak them for 8 hours beforehand. Drain the water before using in the recipe. I get my puffed quinoa from nuts.com its a great addition to a lot of recipes but if you cant find it, you can sub puffed rice or even organic corn flakes.