



Smoothie Bowl Granola

AUTHOR: RECIPE FROM [POUR WINE BAR & BISTRO](#) (SHARED WITH PERMISSION)

TIME: 20-30 MINUTES

CATEGORY: BREAKFAST

INGREDIENTS

- 1 1/2 cups gluten-free [rolled oats](#)
- 1 cup raw, unsalted [cashews](#)*, coarsely chopped
- 1 cup unsweetened [flaked coconut](#)
- 3-4 tablespoons pure [maple syrup](#)
- 2 tablespoons softened unrefined [coconut oil](#)
- scant 1/4 teaspoon fine grain [sea salt](#)

INSTRUCTIONS

1. Preheat your oven to 300° F and line a medium-sized baking sheet with parchment paper.
2. In a large bowl, combine oats and cashews together. Stir in the maple syrup, coconut oil and sea salt.
3. Spread the mixture in a single layer over the parchment paper. Sprinkle coconut flakes on top.
4. Bake for 15-25 minutes until golden stirring at least once half way through. Allow to cool and enjoy!

* Notes from POUR:

- We often use this recipe as our base for the granola and switch things out to keep it different and exciting (since that's what foods all about!). Sometimes we use pumpkin seeds, walnuts, hemp seeds or



LIVING WELLNESS Recipes

whatever's on sale at Whole Foods' bulk section! During the Living Wellness LIVE event, we used a combination of chia seeds, pecan, walnuts, and cashews.

© 2018 Living Wellness, LLC

The photos and content of this recipe are copyright protected. Please do not use any of our photos or content without prior written permission (submit inquiries to info@lwgg.org).

If you wish to share this recipe, please provide a link back to the recipe on the Living Wellness Blog. If you make significant changes to the recipe, please rewrite the recipe in your own unique words and provide a link back to our post [here](#) for credit. Thank you.