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Pumpkin Spice Granola

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I might be a bit of a crunchy mom. I'm 'all in' when it comes to real foods and holistic ways. My love for little homemade concoctions keeps me excited! In the evening you might find me mixing up some body butter, Kombucha or a bakery recipe makeover. In the morning it's all about moving and my yoga mat, but only after a little God-inspiration.

Even the soaps we use are my self-made creations of organic oils and astringents. Oh, and my current fall allergies? Those are remedied with what I eat and a neat little netty pot. Presto! No more popping pills!

So, yeah, I'm not as earthy as they come but I might be a little crunchy! What's wrong with that, right?

But I wasn't born this way. Believe it or not, my mom served up beef and potatoes doused with gravy and a side of white bread. Sure, meals always included green vegetables and I often witnessed her working out to Jane Fonda videos. So, the idea of health and wellness already resided in me as I matured.

Now I live at a different level of 'well'. And I have to say, I love it! So, thanks, Mom, for instilling that idea of well balanced meals and prioritizing movement!

I took it and ran…right to the wellness left wing. (Don't worry, my values still live on the right!)

Once someone called me unconventional. Another time unorthodox. But I'm wondering if the western world has this all a little backwards. We prioritize medical miracles rather than prevention and quick-fixes for aesthetic ideals instead of embracing exercise for energy.

What do you think?

I'm not trying to create a crunchy convert of you. I just want you to see yourself on the journey of living well how it's right for YOU. We all exist on a continuum and so, I suggest swinging your pendulum once in a while.

Maybe it’s just a small start for you, but here’s a seasonal granola recipe to inspire you to your crunchy side! Yep, granola…it’s a typical ‘crunchy girl’s’ approach to munching. But this recipe is anything but typical. It’s 100% real and incredibly nourishing.

Give this pumpkin granola a whirl! And let me know what you think…..

Recipe category

Food Fit for the Morning [1]
Snacks and This & That [2]

Restricted to members

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Ingredients

- 3 cups old fashioned oats*
- ¾ cup chopped raw almonds (see my favorite kind in the notes!)
- ¾ cup pepitas (raw pumpkin seeds)
- ¼ cup uncooked quinoa (red or white)
- ¼ cup flax seeds
- ⅓ cup pumpkin puree (I used a HEAPING ⅓ cup!)
- ¼ cup coconut oil (I choose unrefined). Melted. (See my favorite in the notes!)
- ⅓ cup pure maple syrup
- 2 tablespoons blackstrap molasses or coconut sugar**
- 1 tablespoon plus 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon cloves
- ¼ teaspoon ginger
- 4 cup golden raisins

Recipe Instructions

- Preheat your oven to 300 degrees.
- Line a baking sheet with parchment paper and set aside.
- In a large bowl mix together your oats, almonds, quinoa, flax, pepitas and spices. Stir.
- In a smaller bowl, combine your pumpkin pure maple syrup, coconut oil and blackstrap molasses/sugar. Whisk together until it is well combined. (be sure you melt the coconut oil first and if your other wet ingredients are at room temperature, your oil will combine more easily.)
- Pour your wet ingredients into your dry ingredients and stir until your oats mixture is completely coated.
- Spread out evenly on your parchment lined baking sheet. **Use two baking sheets if your granola is piled high…you want to be able to spread it out into an even, thin layer.
- Bake for 40 minutes, checking and stirring every 10 minutes to stir and assure that your granola does not burn and will brown evenly. It is done when the color turns dark golden and it is lightly toasted all over. Cool Completely.
- Stir in the raisins to your finished granola.
- Store in an airtight container.

Enjoy!!

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Recipe Description

> Go ahead, read the list of ingredients. Need I say more? We mix this granola with other cereals, into yogurt sprinkled with cinnamon or just eat it by the handful. And, I'm passing this one on early enough so you can make hostess or teacher gifts out of it for Thanksgiving! Just package it up in some glass jars with a fall bow….and perhaps some information about Happily Whole [3]!

Recipe Notes

*Oats are often pressed on the same machines as wheat and other wheat containing grains. So, if you eat gluten free, be sure to buy gluten free oats.

You can buy some here:

**I love to use blackstrap molasses where I can due to its high amount of iron. But, if you prefer a crunchier granola, I suggest using the coconut (or other) sugar since that will crystalize and hold the small pieces together a little more when baking.

Some of my favorite RAW ALMONDS. Buy here:

Good, raw pumpkin seeds. Buy here:

You can buy the kind I most commonly use here:

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