

Skillet Granola

Serves 8

Ingredients:

- ½ cup dry roasted, salted sunflower seeds
- ½ cup shelled pumpkin seeds (pepitas)
- ¼ cup unsweetened coconut flakes
- 1 Tablespoon olive oil
- 1 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 Tablespoon brown sugar
- 1 Tablespoon honey
- ½ teaspoon vanilla
- ½ cup raisins



Instructions:

1. Preheat skillet to medium heat.
2. Measure sunflower seeds, pumpkin seeds, coconut flakes, olive oil, rolled oats, cinnamon, and vanilla into a large container with a tight fitting lid or gallon sized plastic zip-top bag. Shake to combine. Add honey and shake again, mixing with a spoon if needed to avoid clumping. Place granola in skillet to toast, stirring gently until fragrant and golden brown (about 3-5 minutes). Watch carefully to avoid burning. Remove from heat and place in a large bowl.
3. Fold in raisins and serve granola with fresh sliced fruit and yogurt or Sweet and Creamy Pumpkin Dip to make a parfait perfect for a snack, dessert, or even breakfast. Enjoy!

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Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 201.9

% Daily Value*

Total Fat	11.6 g	15 %
Saturated Fat	2.8 g	14 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	58.3 mg	3 %
Total Carbohydrate	21.8 g	8 %
Dietary Fiber	3.2 g	11 %
Total Sugars	10.4 g	
Added Sugars	3.8 g	8 %
Protein	5.6 g	
Vitamin D	0 mcg	0 %
Calcium	25.9 mg	2 %
Iron	1.6 mg	9 %
Potassium	249.2 mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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