

## PUMPKIN GRANOLA (VEGAN + OIL FREE)

*Full of flavor and perfect for snacking, this crunchy pumpkin granola is naturally sweetened and made with only a handful of ingredients! It's oil-free, refined sugar-free and easy to make.*



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**Prep Time:** 5 min **Cook Time:** 30 min **Total Time:** 35 minutes

**Yield:** Serves 16, 1/3 cup per serving 1x

**Category:** Breakfast, Snack

**Method:** Oven, Bake

**Cuisine:** Vegan, American

### INGREDIENTS

- 3 cups **old fashioned oats**
- 1 cup **pecans**
- 1/2 cup **pepitas**
- 1 teaspoon **cinnamon** or pumpkin pie spice
- 1/4 teaspoon **allspice** or nutmeg
- 1/4 – 1/2 teaspoon **mineral salt**
- 2/3 cup **pure maple syrup**
- 1/2 cup 100% **pumpkin puree**
- 1 teaspoon **vanilla extract**, optional

### INSTRUCTIONS

**Prep:** Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper or silicone mat.

**Dry ingredients:** In a medium mixing bowl, combine the oats, pecans, pepitas and spices.

**Wet ingredients:** In a measuring cup or small bowl, mix together the pumpkin puree and maple syrup.

**Mix wet & dry:** Pour the wet mixture into the dry ingredients, mix well to combine.

**Layer:** Spread the granola on rimmed baking sheet in a single layer.

**Bake:** Place in the oven at bake for 40 – 50 minutes, stirring half way through. Let cool, granola will harden as it cools.

Makes about 4 1/2.

Serves 9, about 1/2 cup per serving.

**Store:** Keep granola in a mason jar or an airtight container for up to a 1 – 2 months.

### NOTES

Additional add-ins:

- 1 – 2 teaspoon vanilla extract (mix in with wet ingredients)

- 1/2 cup coconut flakes (add to dry ingredients)

**RECOMMENDED EQUIPMENT:** I love my **Silpat** or these **parchment liners** for lining this **rimmed baking sheet**.

Nutrition Facts	
Serving Size about 1/2 cup	
Serves 9	
Amount Per Serving	
Calories	286

Find it online: <https://simple-veganista.com/pumpkin-granola/>