



Makes 6 cups
Preparation Time: 15 minutes
Cook Time: 55 minutes

INGREDIENTS:

½ cup pitted whole dates
2 tablespoons ground flaxseeds
2 cups thick-cut or regular rolled oats
½ cup sliced almonds
¼ cup dry millet
1 tablespoon sesame seeds
1 tablespoon ground cinnamon
1 teaspoon ground ginger
¼ teaspoon sea salt
½ cup raw pumpkin seeds (pepitas)
½ cup raisins

Pumpkin Seed Granola with Millet and Oats

Whole grain millet and pumpkin seeds add textural interest to this tasty homemade granola. Dried dates and raisins lend natural sweetness.

From plants-rule.com

By Katie Simmons

- 1** Preheat oven to 325°F. In a small bowl combine the dates and ¾ cup warm water. Let stand at least 5 minutes or until softened.
- 2** In another small bowl combine the flaxseeds and 6 tablespoons warm water. Let stand 5 minutes.
- 3** In a large bowl combine the next seven ingredients (through salt). Place dates with liquid in a blender. Cover and blend until smooth. Stir pureed dates and flaxseeds with liquid into oat mixture. Spread in a 15x10-inch baking pan.
- 4** Bake 45 minutes or until golden, stirring every 15 to 20 minutes and adding pumpkin seeds halfway through baking. Cool in pan on a wire rack 10 minutes. Stir in raisins. Store, uncovered, at room temperature up to 10 days or freeze, covered, up to 2 months.