

# Pumpkin Chiaseed Bowl with Super Woman Granola

Bowl: 2

Granola: 8-10

## INGREDIENTS:

Bowl:

1/2 cup pumpkin puree

1/2-3/4 cup light canned coconut milk

1/4 cup black chia seeds

1 tsp pumpkin pie spice

1/2 tsp cinnamon

1/2 tsp vanilla extract

Super Woman Granola:

1 cup unsweetened coconut flakes

1/2 cup almonds, chopped

1/2 cup walnuts, chopped

1/2 cup pecans, chopped

1/4 cup pumpkin seeds

1/8 cup sunflower seeds

1/2 cup almond flour or cassava flour

1/4 cup pure maple syrup

1/2 tsp cinnamon

Pinch of salt

## INSTRUCTIONS:

1. Preheat the oven to 350 and take out a loaf pan.
2. In a bowl, whisk together all the bowl ingredients. Pop in the fridge for at least 45 minutes to sit and thicken.
3. To a big mixing bowl, add all granola ingredients and toss together. Lay out on a sheet pan and using a spatula, press down. Most likely the granola won't fill the pan completely! That's ok, you want the granola all snuggled up and close together to form clusters.
4. Pop in the oven for 15 minutes until lightly golden brown. Take out of the oven, carefully flip, leaving clusters intact. Put back in the oven for only 2-3 more minutes. Let it cool completely before breaking into pieces (or it will get very crumbly!) Store in an airtight container on the counter or in the pantry for 1-2 months.



**Serving size:** 1/2 bowl + 1/3 cup granola + extra cinnamon on top