

# Granola Bowls

This homemade nut-free granola recipe is incredibly tasty and a budget-friendly alternative to store-bought granola.

It's perfect for breakfast (e.g. sprinkled over yogurt, oatmeal) or as a crunchy snack!

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Prep Time 10 mins    Cook Time 20 mins    Total Time 30 mins



## Dry Ingredients:

- 1 cup (220 g) rolled oats gluten-free if needed
- 1/4 cup (70 g) sunflower seeds (see notes)
- 1/4 heaped cup (50 g) shredded unsweetened coconut (see notes)
- 1/4 tsp cinnamon
- 1/8 tsp sea salt

## For Serving

Yoghurt  
Fruit

## Wet Ingredients:

- 1/2 cup dried fruit - we used sultanas and apricots
- 1/8 cup + 1 tbsp (100 g) maple syrup
- 1/8 cup (60 g) sunflower seed butter
- 1/4 tsp vanilla extract

## Instructions

1. Line a large baking sheet with parchment paper and preheat the oven to 325 degrees Fahrenheit (165 degrees Celsius).
2. Add all dry ingredients into a big bowl and stir with a spoon.
3. Next, add dried fruit of choice, maple syrup, sunflower seed butter, and vanilla extract. Stir with a spoon until all dry ingredients are coated and everything is well mixed.
4. Transfer the mixture onto the lined baking sheet and spread it out evenly.
5. Bake in the oven for about 20 minutes, stirring halfway through. Then gently press the stirred granola down with a wooden spoon (or spatula) so that it sticks together.
6. Check after 16-18 minutes if the granola is already lightly brown. Watch it closely, to avoid burning. Remove the baking sheet from the oven.
7. Let it cool completely without touching it. Once it gets cooler, the granola will crisp up. Store in air-tight containers.
8. Enjoy your homemade nut-free granola with plant-based milk or with yoghurt and fruit.