



# Dark Chocolate Cashew Granola

Recipe by physicalfoodie

Course: **Breakfast**

**Prep time**  
15 minutes

**Cooking time**  
20 minutes

**Total time**  
35 minutes

This is perfect for topping a bowl of yogurt and maybe adding in some fresh sliced bananas for added goodness.

## Ingredients

- 2 cups of oats (gluten-free if you prefer)
- ½ cup coarsely chopped cashews
- ½ cup sunflower seeds
- ¼ cup maple syrup
- ¼ coconut oil, melted
- 1 teaspoon vanilla extract
- ¼ cup unsweetened shredded coconut
- ½ cup semisweet chocolate chips

## Directions

- 1 Preheat oven to 300°
- 2 Line a baking sheet with parchment paper.
- 3 In a large bowl combine oats, cashews and sunflower seeds and mix well.
- 4 Add in the melted coconut oil, maple syrup and vanilla extract and keep mixing until all of the dry ingredients are coated.
- 5 Spread evenly onto your parchment paper lined sheet pan and place onto the middle rack of your oven.
- 6 Bake for 20 minutes or until lightly golden. Take your granola out of the oven and leave undisturbed until completely cool.
- 7 Once cooled, break your granola in little pieces into a large bowl.
- 8 Into this large bowl, you will add the chocolate chips and coconut and mix again. Once all of the ingredients are incorporated, place all of your granola into an air tight container and enjoy!

