

## Going Healthy: Low Calorie Coconut Protein Granola

### Description



Are you sensing a theme with coconut here? Last week was [coconut salmon cakes](#), this week it's coconut granola, and who knows what'll be next? I just happened to be a little excessive when buying coconut flour in bulk a while back, so now I'm trying to make good use of it.



This granola definitely counts as good use to me, and I'm sure you'll enjoy it too. High protein, gluten free, no refined sugar, and full of crunchy flavor, how can you NOT love it?

Make sure you make a second batch because the first one will go quick. I speak from experience!.



## **Low Calorie Coconut Protein Granola**

### **Ingredients**

- 2 cups puffed corn cereal; I used Arrowhead Mills
- 2 cups puffed millet cereal; again, Arrowhead Mills
- 1 T Cinnamon; I like it very cinnamon-intense, add only 1/2 a tablespoon if like
- 2 scoops vanilla protein powder; I use egg white protein sweetened with stevia
- 1/2 cup coconut flour
- 1/4 tsp sea salt
- 1/4 cup oat bran
- 1/2 cup pumpkin puree; mashed ripe banana is excellent too
- 2 T milk of choice or water
- 1 T coconut oil
- 3 packets of stevia powder or 25 drops of liquid stevia; I don't like it too sweet, so if you want add more to taste
- 1 tsp vanilla extract

### **Instructions**

- Preheat oven to 325.
- Mix the dry ingredients together in a large mixing bowl using a wire whisk.
- In a separate mixing bowl, add the pumpkin puree with 2 T milk or water.
- Melt the coconut oil and mix into pumpkin mixture.
- Add the wet to the dry and stir until well combined; this takes a while, be patient
- On a parchment lined cookie sheet spread the mixture out evenly and bake for 30 " 35 minutes. Every 10-15 minutes stir and break up the granola for even baking.
- Remove from oven once you see granola turning a deep golden color.
- Allow to cool and enjoy however you would. The clusters make excellent portable snacks and smaller pieces can be used for your milk/yogurt "dressing".

If you don't care about the gluten free part, feel free to substitute rolled oats in place of the puffed cereal. Or you can use certified gluten-free oats. The oats will actually make for a crunchier granola.



I hope you try and love this healthy recipe, and maybe even share with others if can! Have a great Sunday!

**Do you like granola or try to keep away?**

**Whatâ€™s your favorite treat that you wish could be healthier? *I might have a way to make it better if you share.***

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