

Mexican Chocolate Pumpkin Seed Granola

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-recipe-with-cranberry>

Ingredients:

- 3 cups rolled oats
- 1 mexican chocolate tablet Abuelita, ground a blender, each tablet weighs about 93 grams
- 1 cup pumpkin seeds roasted salted, unroasted works as well
- 1 tablespoon canela
- 1/3 cup honey
- 1/3 cup coconut oil
- 1/3 cup cranberries

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 71 grams
3. Fat: 38 grams
4. Fiber: 9 grams
5. Protein: 18 grams
6. SaturatedFat: 19 grams
7. Sodium: 5 milligrams
8. Sugar: 24 grams

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