

# PUMPKIN SPICE GRANOLA BARK

Prep Time: 5 minutes | Cook time: 30 minutes | Total time: 1 hour  
Gluten-Free

## INGREDIENTS

- 1 ½ cups rolled oats
- ¼ cup crushed almonds
- ¼ cup pumpkin seeds
- 2 tbsp seeds (flax, chia, hemp, amaranth, or a mix)
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp cloves
- ½ tsp ginger
- 3 tbsp maple syrup
- 1 tbsp pumpkin puree
- 1 tsp vanilla extract
- 1 tsp melted coconut oil
- 1 large egg white (omit if vegan)
- ¼ cup dried cranberries
- 1 ½ cups dark chocolate



## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine rolled oats, almonds, pumpkin seeds, other seeds, cinnamon, nutmeg, cloves, and ginger in a large bowl. Stir to combine.
3. In a separate bowl, combine honey, maple syrup, pumpkin, vanilla, coconut oil, and the egg white. Mix well.
4. Combine wet mixture with dry mixture, and add dried cranberries. Mix together until evenly combined.
5. Line a 8x8 inch cake pan with parchment paper, leaving any excess up the sides. Press granola into the pan using the back of a spatula.
6. Bake for 25-30 minutes, until hardened. Monitor the granola to make sure it does not burn.
7. Remove from oven, and let it cool for about 15 minutes.
8. Melt chocolate in the microwave. Use 50% power for one minute, stir, then microwave in 15 second increments until fully melted and smooth. Pour it over the granola and spread evenly. Sprinkle on extra pumpkin seeds and shredded coconut.
9. Place it in the fridge until the chocolate hardens, about 20-30 minutes. Cut into squares and enjoy!