

# Chocolate Chia Granola

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/3 cup coconut oil
- 1/3 cup raw cacao powder
- 1/4 cup real maple syrup
- 3 cups organic oats
- 1/2 cup dried cranberries
- 1/2 cup shredded coconut
- 1/4 cup raw pumpkin seeds
- 1/3 cup raw cacao nibs
- 3 tbsp chia seeds
- 1 tsp ground cinnamon

## Instructions:

1. Preheat oven to 350F degrees.
2. In a small pot on the stove, melt the coconut oil. Add the raw cacao powder and the maple syrup and stir until combined. Be careful not to burn the mixture, keep temperature on low. Once combined, remove from heat and set aside.
3. In a large mixing bowl, combine the oats, cranberries, coconut, pumpkin seeds, raw cacao nibs chia seeds and cinnamon.
4. Next, pour chocolate syrup mixture over oat mixture and mix until fully combined.
5. Give it a taste test. If you want it sweeter, you can add a touch more maple syrup.
6. Grease a cookie sheet or cover with parchment paper. You'll need to divide the mixture between 2 cookie sheets because it won't fit all on to one. Bake for 10-15 minutes. Remove from oven, stir the granola so that it bakes evenly. Bake for 5-10 minutes more.

## Notes:

This makes enough granola to fill 3 small mason jars, approximately 4 1/2-5 cups of granola. Raw cacao powder and nibs can be purchased from a health food store or the natural foods section of your grocery store. Giddy Yoyo, Organic Traditions and Navitas Naturals are all great brands.