



Ingredients:

3 cups oats
1 1/4 cup chopped nuts of choice
3 Tbsp. sucanat
1 tsp. pumpkin pie spice
1 tsp. cinnamon
1/2 tsp. Real salt
1/4 c. coconut oil
1/3 c. maple syrup
1/3 c. pumpkin puree
Optional: 1/4 c. ground flax seed
1/4 c. chia seeds

Preheat oven to 350. Mix all dry ingredients except for flax and chia seeds. Melt coconut oil over low heat, remove from heat and add maple and pumpkin puree, stirring until smooth. Pour over oat mixture and stir until evenly coated. Bake for 35 minutes in a large baking dish, stirring about 1/2 way through cooking time. When you remove from the oven, add the flax and chia seed, then stir until well combined. Let cool completely before storing in an airtight container.

This recipe is very versatile. I had a child request no nuts in this batch so I replaced the chopped nuts amount with more oats, some coconut and almond flour (ha, he still got nuts although he didn't know it). Be as creative as you want with this.