



Protein Packed Granola

Ingredients

- 2 cups oats
- 1 Serving of ESC Whey Protein Isolate
- 1 tbsp cinnamon
- 1/4 cup ground flaxseeds
- 1/2 tsp fine sea salt
- 1 cup chopped nuts (pecans and cashews recommended)
- 1/2 cup honey (or maple syrup)
- 1/4 cup butter (melted, instead of coconut oil)
- 1/4 cup peanut butter (chunky or smooth)

Directions

- **Preheat Oven:** Set to 300°F and line a baking sheet with parchment paper.
- **Mix Dry Ingredients:** In a large mixing bowl, combine oats, protein powder, cinnamon, flaxseeds, and chopped nuts. Set aside.
- **Melt Wet Ingredients:** In a small saucepan over medium-low heat, melt together the honey, butter, and peanut butter. Stir until smooth.
- **Combine Mixtures:** Pour the melted mixture over the dry ingredients and stir well to coat everything evenly.
- **Bake:** Spread the mixture evenly onto the prepared baking sheet. Bake for 15 minutes, then stir and bake for another 10-15 minutes until golden brown.
- **Cool & Cluster:** Remove from the oven, press down firmly with a spatula, and let cool for 15-20 minutes. Break into clusters and enjoy!

Nutritional Facts	
Servings Per Batch	8
Serving Size	1
Amount per Serving	
Calories	250
Carbs	30g
Fat	12g
Protein	10g

*Nutritional Facts will vary depending on ingredients