

## **RAW-NOLA**

### **Ingredients:**

1 ½ cups roughly chopped walnuts  
15 whole, fresh dates  
2 Tablespoons hemp seeds  
2 Tablespoons ground flaxseed  
1 Tablespoon chia seeds  
½ cup shredded unsweetened coconut  
½ cup gluten free rolled oats (optional)  
½ teaspoon ground cinnamon  
2 Tablespoons unsweetened cocoa powder  
3 Tablespoons semi-sweet chocolate chips  
3 Tablespoons dried fruit  
1 pinch sea salt (optional)

### **Directions:**

Place nuts and dates to a food processor or blender and pulse until loosely combined. Add seeds, coconut, rolled oats, cinnamon and cocoa powders. Continue to pulse until the mixture is crumbly. Stir in dried fruit and chocolate chips.

Makes 12-14 servings

Serving suggestion: Layer raw-nola, yogurt and fresh fruit in parfait glass.

### **Nutrition Info: (for ¼ cup )**

Calories: 274

Fat: 14 grams

Saturated Fat: 4 grams

Carbohydrate: 18 grams

Fiber: 3.5 grams

Protein 5 grams

Sodium: 3 mg

Exchanges: 1 lean meat, 1 fruit, 2 fats