**Buckwheat Groat Granola**

**5 servings  
1.5 hour prep time**

• 3 cups buckwheat groats

• 1/4 cup maple syrup

• 1/4 cup unsweetened cacao nibs

• 3 T coconut oil, melted

• Set the oven to 260 degree F.

• Melt coconut oil and combine with all the ingredients in a bowl. Distribute the oil evenly among all of the ingredients.

• Spread out all of the ingredients on a sheet of baking parchment paper and bake for one hour.

• Allow granola to cool before storing in a airtight jar or container.

*Tips:*

• Fig juice from the fig bar recipe can be reused for this recipe.

• Excessive amounts of sugar should be avoided. Albeit, sugar helps hold the granola together. We prefer them sugar free. This way they are more like healthy grape nuts.

• This recipe pairs well with oat milk to create a cereal-like breakfast. Add fresh fruit, nuts, seeds, and nut butter with a dash of cinnamon