

Granola Bliss-Nuggets, with Ayurvedic Modifications, Nut Free, Gluten Free, Vegan and Low Histamine Modifications

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Enjoy this low sugar, high fiber, and high protein snack anytime of the day. Great for a breakfast treat as well. Balances vata and pitta doshas, and can be enjoyed in moderation for kapha doshas.

Ingredients

- 2 cups organic old fashioned gluten free rolled oats
- ¼ cup organic roasted sunflower seeds
- ¼ cup organic roasted pumpkin seeds
- ¼ cup organic raisins
- 2 Tablespoons organic real maple syrup
- ¾ cup no sugar added organic sunflower butter
(try Once Again Unsweetened Sunflower Butter or Organic SunNut Butter)
- 1 teaspoon real vanilla extract*
- 1/8 tsp each spice: organic ground cardamon, organic ground cinnamon, organic ground nutmeg
- ¼ teaspoon fine sea salt



Instruction:

- Line 24 count mini-muffin pan with wax paper muffin liner (I like the brand If You Care). Or line an 8x8-inch square baking pan with parchment paper.
- Combine oats, roasted sunflower seeds, roasted pumpkin seeds, and raisins in a large mixing bowl.
- Add sunflower butter, maple syrup, vanilla and cardamon, cinnamon, nutmeg, and sea salt in a separate smaller bowl. Stir well until into a paste. If mixture is too thick and a few teaspoons of hot water.
- Add sunflower butter mixture into larger bowl containing dry ingredients, and stir well until all ingredients are completely mixed.



- Fill mini-muffin cups. If you are not using mini-muffin cups, then pour mixture into your parchment lined baking pan and press firmly using your hands so it's evenly spread out.
- Refrigerate for 2 hours to allow the granola bliss-nuggets to set.
- Once the granola bliss nuggets feel solid to the touch, you may serve them.
- Store them in the refrigerator in an airtight container in the fridge for up to a week. For freezing, wrap them individually and store in the freezer for up to 2 months.

Ayurvedic Modifications

- This recipe is good for vata dosha and pitta dosha
- For kapha dosha add 1/8 tsp of dried ginger and may increase cinnamon and cardamom to ¼ tsp each. Enjoy in moderation as the other ingredients are heavy and have mostly sweet taste.

Low Histamine Modifications

- Cardamom, ginger, and nutmeg are low in histamine in general
- Cinnamon can be higher in histamine so you may want to omit this or use a smaller amount. It was several months before I could start adding cinnamon back into my diet and in small amounts.
- Replace vanilla extract with vanilla bean powder. I use Native Vanilla.
- Use fresh sunflower seeds and pumpkin seeds since the older they are, the histamine can increase.
- Dried fruit tends to be high in histamines so omit raisins. Replace with freeze dried blueberries, or freeze dried apples, <https://www.histaminehaven.com/post/what-convenient-packaged-foods-can-i-eat>

Nutritional Information for 1 Granola Bliss-Nugget

Calories: 106; fat 6g; T.Carbs 10g; Protein 3g; Sat. fat 1g; Tr fat 0g; Net carbs 8g; Fiber 2g; T. Sugars 3g; sodium 45mg; calcium 11mg;

