

Air Fryer Granola (High Protein)

Prep: 5 minutes • Cook: 20 minutes

Quickly air-fried to golden, crunchy clusters, this not-too-sweet granola layers toasty oats and nuts with almond butter, honey, and warm cinnamon. Elevated with hemp seeds and almond flour for 2–3x the protein, it delivers a clean, satisfying crunch that keeps you fuller longer.

Ingredients

- 1 1/2 cups rolled oats (old-fashioned)
- 1/2 cup nuts (raw, unsalted; almonds, walnuts, or cashews)
- 1/4 cup almond flour
- 2 tablespoons hemp seeds
- 2 tablespoons coconut oil (melted)
- 3 tablespoons almond butter
- 3 tablespoons honey (or maple syrup)
- 1 teaspoon vanilla extract
- 3/4 teaspoon cinnamon

Instructions

1. In a large bowl, combine rolled oats, raw unsalted nuts, almond flour, and hemp seeds.
2. In a separate medium bowl, whisk together melted coconut oil, almond butter, honey (or maple syrup), vanilla extract, and cinnamon.
3. Pour the wet mixture over the dry ingredients and stir until everything is evenly coated.
4. Line the air fryer basket with parchment, going about 1 inch up the sides; spread and press the granola mixture into an even layer.
5. Air fry at 300°F (150°C) for 10 minutes (no preheating needed).
6. Use a spatula to flip the granola, press it down, then continue air frying until brown and toasty, about 10 more minutes (times may vary by air fryer).
7. Let the granola cool completely in the basket without stirring; break into bite-sized clusters and transfer to an airtight container.

Tags: Granola, Air Fryer, High Protein, Gluten Free, Vegan Option, Breakfast
