

## HEALTHY GRANOLA RECIPE

### INGREDIENTS

1 cinnamon quill  
100g almonds  
80g walnuts  
60g dried apricots (other dried fruit)  
250g buckwheat groats  
½ tsp ground cardamom  
70g sunflower seeds  
70g pepitas (pumpkin seeds)  
20g sesame seeds (or hemp seeds)  
20g chia seeds  
100g raisins/sultanas  
40g dried blueberries (optional)  
30g dried cranberries (optional)  
60g shredded coconut  
1-2tsp natural vanilla extract  
60g honey/maple syrup  
40g coconut oil  
Rind of one orange (optional)

### INSTRUCTIONS

Pre-heat oven to 150°C  
Line 1 big, or 2 small baking trays with paper  
Place cinnamon quill into mixing bowl and mill **1 min/speed 9**  
Add almonds and walnuts and chop **Turbo/1 sec/2 times**.  
Add dried apricots and chop **3 secs/speed 6**.  
Add all remaining ingredients and mix **2 min/70°C/reverse speed/speed 2**.  
Spread mixture on baking trays and ensure mixture is evenly spread.  
Toast in the oven for 10 minutes.  
Stir mixture to ensure it's even toasted.  
Return to the oven for 10-15 minutes, depending on how crunchy you like it.  
Allow mixture to cool, then transfer to sealable container.

### SERVE

With yoghurt and stewed fruit.

### APPLE AND CINNAMON VARIATION

Swap vanilla for extra cinnamon quill, add 90g of dates with the apricots and replace honey with 130g apple juice.

### Macronutrient Ratio

