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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

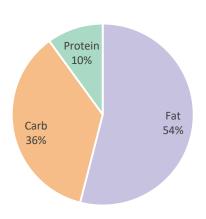
1-2tsp natural vanilla extract

60g honey/maple syrup

40g coconut oil

Rind of one orange (optional)

Macronutrient Ratio



INSTRUCTIONS

Pre-heat oven to 150°C

Line 1 big, or 2 small baking trays with paper

Place cinnamon guill 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.