



Homemade Granola

Serve with milk (or a milk alternative), with yoghurt in a parfait or as a snack on its own.

Ingredients:

- 1 cup raw almonds
- 1 cup mixed nuts (e.g. Brazil nuts, pecans, hazelnuts, cashews etc.)
- $\frac{1}{3}$ cup raw pumpkin seeds
- $\frac{1}{3}$ cup raw sunflower seeds
- $\frac{1}{4}$ cup coconut flakes or shredded coconut
- 1 tbsp butter
- 1 tbsp maple syrup or honey
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Pinch of sea salt

Optional Add-ins - After cooking feel free to add in some dried cranberries, chopped up dates, sultanas, chopped apricots etc.

Directions

1. Preheat oven to 160°C
2. In a food processor or blender, add the nuts and seeds and chop into smaller pieces (you want small chunks, not a powder)
3. Heat the butter, cinnamon and maple syrup (or honey) in a large saucepan until melted and well mixed. Remove from the heat and stir in the vanilla. Add in the nut and seed mix and the coconut, stir well
4. Spread the granola mix on a baking sheet lined with baking paper. Bake in the oven for 10 to 15 minutes, stirring once or twice. Be careful it doesn't burn. Remove from the oven and allow to cool. Add in optional dried fruit then store in an airtight container.