

Granola

Ingredients

400g jumbo oats
100g raw buckwheat
50g chopped hazelnuts
50g almonds
50g sunflower seeds
50g pumpkin seeds
50g sesame seeds
8 tbs coconut oil
4 tbs agave syrup
3 tbs date syrup
100g raisins
50g coconut chips
50g popped amaranth

Method

Preheat the oven to 180 c / 350 f / Gas Mark . In a big bowl, mix all the dry ingredients together apart from coconut chips and raisins. In a small pan, gently heat the oil and syrups to combine them. Stir this mixture into the dried ingredients. Divide the granola between two baking trays making sure that its no more than 3 cm deep. Put it in the hot oven, stir with a wooden spoon every 10 mins. It should be ready after 30 mins but add the coconut chips and raisins after 25 mins. Once the oats have just gone golden take out of the oven and stir in the popped amaranth.

Serving Suggestions:

Serve with almond milk or soya milk.

Sprinkle on yogurt and fresh fruit.

Add goji berries or cacao nibs to mixture.