TASTY & EASY granola

The wonderful thing about this recipe is that it is an easy and tasty way to get oats, nuts and seeds into any family member and it stores well in an air tight container for a number of weeks.

Handy during the holiday time when you are going to be away from home. Whether you're visiting friends, camping or staying in a hotel that doesn't accommodate your dietary needs, this is an easy breakfast to prepare ahead of time and take along with you.

Simply add a plant based milk of your choice or for an extra indulgence, some coconut yoghurt. For people watching their weight, simply use this as a topping on a bowl of oats for a lower calorie breakfast.

MAKES
4.5 CUPS

PREP TIME
10 MIN

BAKING TIME
60-90 MIN

TOTAL TIME
1-2 HOURS

INGREDIENTS

- 2 cups rolled gluten free oats
- 1 cup unsweetened, shredded coconut
- 1 cup chopped walnuts
- 1/3 cup pumkin seeds
- 2 tablespoon ground flaxseed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 tablespoon coconut oil
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- ½ cup goji berries

INSTRUCTIONS

1. Preheat oven to 120 degrees. Line a rimmed baking sheet with baking paper.

2. In a large bowl, combine the oats, coconut, pumpkin seeds, flaxseed, cinnamon, and salt.

3. In a small saucepan over medium heat, mix the oil with the maple syrup, bring to simmer, remove from heat & add vanilla.

4. Add syrup mixture to dry ingredients and mix thoroughly.

5. Spread the granola in a single layer on the prepared baking sheet. Bake for 60 - 90 minutes, stirring every 15 minutes, until golden brown.

6. Cool completely, then stir in the dried goji berries. Transfer to an airtight container and store for several weeks in the fridge.

Health Concepts
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