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| Serve with “live” natural yogurt or plant milk. Add fresh fruit on top. | |
| **INGREDIENTS**   * 2 tbsp coconut oil * ½ tbsp honey or maple syrup * 200g whole oats * 2 tbsp flaked almonds * 2 tbsp walnuts nuts * 2 tbsp pumpkin seeds * 2 tbsp pecans * 2 tbsp sunflower seeds * 2 tbsp flaxseeds / linseed * 5 dates chopped up small   Image result for homemade granola | **METHODS**   1. Preheat oven to 170º. 2. Roughly chop all nuts & seeds (depending on desired texture). 3. Place all the ingredients on a baking tray including a chunk of coconut oil. Mix well with your hands. 4. Place in the oven for 1 minute to melt the coconut oil and mix thoroughly again. 5. Leave in the oven for 10-15 minutes until lightly toasted, stirring every few minutes (warning they will burn if left too long!) 6. Remove from oven, cool and store in airtight container for up to 3 weeks.   **TIP –** this is just a guide recipe and you can vary the nuts / seeds / oats and the ratios depending on what you have in the press.  Option to add some raw cacao powder for chocolate taste, cinnamon or a small amount of vanilla extract.  Experiment and see what you like! |