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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!  |