

Homemade Granola

10 ingredients · 30 minutes · 10 servings



Directions

1. Preheat oven to 150°C. Place all dry ingredients into a very large bowl and mix thoroughly.
2. Melt coconut oil in a glass jug and add maple syrup.
3. Pour the mixture into the bowl and use your fingers to mix and rub the oil through the dry mixture until thoroughly mixed through and all the ingredients are wet. Pour the mixture onto a lined baking tray and spread it out evenly.
4. Bake for 10 minutes. Remove from the oven, toss around so that everything browns evenly, then bake for a further 10 minutes.
5. Remove from the oven and allow to cool thoroughly before adding any additional ingredients such as dried fruit. The mixture will go crunchy as it cools. Then store in a glass jar.

Notes

Chocolate lover?

Add 1/4 cup of raw cacao powder to the dry mix. You may also need to increase the maple syrup slightly, but it will still be healthier than a commercially made chocolate cereal.

Serving Suggestion

This granola makes a delicious dessert by topping off some coconut yoghurt and berries or any dessert where you just want to add a little crunch.

Add some dried fruits

There are many dried fruits that you could add to this granola to make it even more delicious. Be mindful however, that dried fruit has a very high sugar content, so if weight loss is the aim, then you may wish to exclude adding anything extra.

Dried fruits...

Cranberries (urinary health) Dried blueberries (anti-oxidant) Raisins (alkalizing) Dried Figs, chopped (micro-nutrient bomb) Dried Apricots, chopped (bowel health) Dried Prunes, chopped (bowel movement assistant)

Ingredients

- 2 cups Oats (rolled, organic if possible)
- 1 cup Unsweetened Shredded Coconut (or coconut flakes)
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1 tsp Vanilla Extract
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Mixed Raw Nuts (Optional, roughly chopped)
- 1/2 cup Coconut Oil
- 2 tbsps Maple Syrup

Nutrition

Amount per serving

Calories	292	Iron	2mg
Fat	23g	Vitamin D	0IU
Carbs	19g	Folate	20µg
Fiber	4g	Vitamin B12	0µg
Sugar	3g	Magnesium	32mg
Protein	5g	Zinc	1mg
Calcium	24mg	Selenium	10µg