



TOASTED SEED GRANOLA

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: Makes 3 oven trays



INGREDIENTS

- 3 cups of mixed nuts, roughly chopped
- 2 heaped tbsp cinnamon
- 1 cup buckwheat
- 1 cup coconut flakes
- 1 cup pepitas
- 1 cup sunflower seeds
- ½ cup chia seeds
- ½ cup hemp seeds
- ½ cup flax seeds
- ¼ cup poppy seeds
- ¼ cup sesame seeds
- 1 cup rice malt syrup

METHOD

- Cover 3 oven trays or baking dishes with baking paper.
- Toast chopped nuts in oven at 180°C, until just browning, then place into large bowl.
- Add all other ingredients to the nuts, and mix well to coat with rice malt syrup.
- Spread roughly onto oven trays, I used 3 large trays, and bake in oven until coconut has turned brown (about 15-20 minutes).
- Remove from oven and cool on bench.
- When cold, break up into chunks and store in airtight containers .
- These keep crisp for several months.
- Enjoy as a snack, or on yoghurt and fresh fruit.