

CRUNCHY NUT GRANOLA

A lot of shop bought granolas are high in sugar and low in protein which doesn't make for a great start of the day. Eating both fat and protein at breakfast keeps our blood sugar under control and helps to avoid cravings and energy crashes. Nuts and seeds are good sources of protein, healthy fats, fibres, vitamins and minerals. This crunchy nut granola has you covered, gluten and grain-free, high-protein, low carbo - perfect for breakfast or as a snack.

INGREDIENTS:

- 2 cups coconut flakes
- 4 cups mixed nuts (almonds, cashew, pecans, walnuts etc)
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup of quinoa puffs (optional)
- 1 tbsp cinnamon
- 1 tbsp cardamom
- 2 tbsp maple syrup
- 3 tbsp virgin coconut oil



METHOD:

Preheat the oven 160C

In a food processor wizz the nuts, one kind at the time until they are desired size (if you don't have a food processor you can chop them by hand with a knife).

Add all dry ingredients into a bowl except the spices. Mix.

Melt the coconut oil in a saucepan and add maple syrup and the spices. Stir until well combined.

Pour liquid over dry mixture and combine until everything is coated well. Spread mixture evenly in a baking tray and bake in the oven for 20-25 minutes, stirring halfway through, until golden brown.

Store in an airtight container.