

GUT LOVING GRANOLA



INGREDIENTS

- 5 CUPS ROLLED OATS
- 2 CUPS NUTS/SEEDS
(ALMONDS, CASHEWS,
PEPITAS, SUNFLOWER
SEEDS)
- 1 TSP CINNAMON
- 1 TSP VANILLA BEAN
PASTE
- 3/4 CUP OLIVE OIL
- 3/4 CUP HONEY OR
MAPLE SYRUP
- 3/4 CUP DRIED FRUIT
(APPLE, APRICOT,
SALTANAS,
CRANBERRIES)
- 1/2 CUP COCONUT
FLAKES

METHOD

1. PREHEAT OVEN TO 180.
LINE A LARGE BAKING
TRAY WITH BAKING
PAPER
2. IN A LARGE BOWL MIX
OATS, NUTS, SEEDS,
COCONUT & CINNAMON
3. POUR IN OIL, HONEY &
VANILLA. MIX WELL
4. SPREAD ONTO TRAY
AND BAKE UNTIL
LIGHTLY GOLDEN.
~20 MINS.
5. LET THE GRANOLA
COOL COMPLETELY
THEN BREAK UP AND
MIX IN DRIED FRUIT.
6. STORE IN AN AIRTIGHT
CONTAINER

SERVE WITH
PROBIOTIC YOGHURT
& SEASONAL FRUIT