

HOME-MADE GRANOLA



Gluten Friendly | Anti-Inflammatory | Hormone & Nervous System Nurturing

What you need

- 1 cup Buckwheat Puffs
- ½ cup Buckwheat Flakes
- ½ cup Quinoa Puffs
- ½ cup Brown Rice Puffs
- ½ cup Spelt Puffs
- ½ cup Oats (GF)
- 1 cup Coconut Flakes
- 1 tspn Cinnamon
- ½ -1 cup Almond/Pecans/other nuts
- ⅓ cup Maple Syrup
- Sea Salt to taste



Method

Go with your own feels, sometimes I add a full cup of each grain/puff and still the same maple amount and then add nutmeg, other spices etc....you really can make this your own.

~Pre-heat oven to 160-170degree.

~Line Baking tray or 2.

~Mix nuts, coconut & cinnamon

~Drizzle with maple & salt and mix again

~Add to baking tray, then into oven

~10 mins in oven, stir half way.

~Add rest of ingredients & mix

~Add more maple if you wish (not too much).

~Bake for another 10-15 (depending how crunchy you want it)

~Stir half way.

****Cool completely on sheet before storing in airtight container**



Extra Suggestion

Can replace nuts with seeds

Can add dried fruits if you wish

Serve with:

Greek yoghurt, berries & hemp seeds

Eat with chopped banana/papaya and milk

Can be used as a topper for smoothies/bowls

Get Creative!