



This is a great alternative to a traditional grain/ fruit based granola. Rich in essential fatty acids, protein, fibre, B vitamins, calcium, magnesium and low in sugar - a small bowl of this for breakfast or as a snack will keep your tummy full and your brain happy :) Feel free to vary the nuts/ seeds/ spices to suit your palate!

Makes 7-10 serves

Ingredients:

- 1 cup of almonds
- 2 tbsp each of sesame, sunflower, chia seeds, pepitas
- 2 tbsp coconut oil (organic, extra virgin, cold pressed)
- 2 tbsp honey
- 1 tablespoon of cinnamon

1. Place almonds, sesame, sunflower and pepita seeds in a bowl, submerge with filtered water (add a pinch of salt) and soak for 6-8 hours
2. Strain off water
3. Preheat oven to 50 degrees celsius and line two baking trays with baking paper
4. Place soaked ingredients into a food processor
5. Add coconut oil, honey and cinnamon and pulse until you reach desired consistency (or chop by hand)
6. Spread the granola mixture onto the prepared trays and bake at low heat until dry and crunchy (8-12 hours)
7. Add chia seeds and store in an airtight jar
8. Serve with coconut yoghurt and berries

* This method is time consuming but maximises nutrient retention and is the most easily digestible.

An alternative method is to skip steps 1 and 2 and preheat oven to 150-160 degrees celsius. Place unsoaked nuts, seeds and other ingredients into the food processor and continue as per step 5. Bake for 10-20 minutes until lightly golden.