

Grain Free Granola



One of the simplest options for a healthy breakfast is to make your own granola. Granola's are simple to make and contain loads of nutrition owing to the quality ingredients that go in them. Here is a simple grain free granola from Naturopathy student and wholefoods lover Nat Russell. Nat made this one when embarking on a gut healing journey years ago. It is free from gluten, grains, dairy, eggs, nuts and refined sugar. Nat says it is still one of her go to favourite breakfasts. Enjoy.

Ingredients:

- 2 cups raw pepitas (pumpkin seeds)
- 2 cups sunflower seeds
- 1/2 cup chia or sesame seeds
- 3 tablespoons coconut oil
- 2 tablespoons of honey
- 1 teaspoon of vanilla extract or powder
- small pinch of sea salt
- 2 cups shredded coconut
- 1 cup dried fruit (sultanas, goji berries and chopped apricots)

Method:

1. Preheat your oven to 160°C
2. In a large mixing bowl combine the pepitas, sunflower seeds, chia/sesame seeds, vanilla and sea salt.
3. In a small pan over low heat, melt the coconut oil and honey together until it is runny and well combined (don't overheat).
4. Add the honey and coconut oil mixture to the seeds and mix through to combine.
5. Line two oven trays with baking paper and evenly spread the seed mixture.
6. Place the trays in the oven and turn regularly every few minutes for 10 - 15 minutes.

7. Take the trays out and evenly add the shredded coconut.
8. Mix the coconut in well and then bake for a further 5 - 10 minutes being careful to turn so the coconut doesn't burn.
9. Once the coconut is golden, remove and allow to cool before mixing through the dried fruit.
10. Store in a large glass jar that seals well. Enjoy.

Nat's Tip:

Enjoy as a smoothie topper or plain with almond or coconut milk and coconut yoghurt.

Gluten Free | Dairy Free | Sugar Free | Paleo