

## CHRISTMAS GRANOLA

MAKES 750G / PREPARE 5 MINS / COOK 20/30 MINS

### Ingredients

200 g	Rolled oats	4 tbsp	Shaved coconut
150 g	Quinoa Flakes	8 tbsp	Runny honey
40 g	Pumpkin seeds	4 tbsp	Coconut oil
50 g	Whole almonds	zest of 1 orange	
60 g	Walnuts	2tsp	ground cinnamon
100g	Pistachios	1tsp	mixed spice
40 g	Brazil nuts	100g	Goji berries
30 g	Sunflower seeds	100g	Cranberries
2½ tbsp	Chia seeds		

### Instructions

Preheat the oven to 170C.

Put the coconut oil and runny honey in a small saucepan and heat gently until the oil has melted and the mix is homogeneous. Add the orange zest.

Mix all the dry ingredients, except the shaved coconut and dried fruit, with the liquid in a large mixing bowl.

Spread the mixture out on 2 baking tins lined with non-stick baking paper or a ceramic dish and put in the pre-heated oven.

Turn over the mixture about halfway through baking (after approx. 20 min), add the coconut shavings and re-distribute evenly again.

Keep an eye on your muesli, you are looking for an evenly golden colour that may take about 20-30 min.

When ready, let it cool down completely and then add the ground spices and dried fruit. Store in an airtight container for up to a month.

Serve with Greek yogurt and fresh berries. It is also fantastic with almond milk.



### Nutrifacts



**Oats** are high in FIBRE that help you stay regular. Additionally, OATS are high in soluble FIBRE that contains BETA-GLUCAN which helps lower CHOLESTEROL levels. The insoluble fibre in oats and barley feed the good bacteria in the gut.

**Quinoa flakes** are high in FIBRE and PROTEIN.

**Seeds and nuts** are a good source of PROTEIN and ESSENTIAL FATTY ACIDS.

**Chia seeds** contain complete protein like that in animal sources with the added benefit that they contain good levels of OMEGA-3 FATTY ACIDS which research shows have anti-inflammatory properties, may help keep a healthy brain in old age and protect our heart against cardiovascular diseases.