

Kickstart Granola

from Glenville Nutrition



INGREDIENTS

2 cups oats
2 cups mixed nuts (cashews, hazelnuts, Brazil nuts)
1 ½ cups mixed seeds (pumpkin, sesame, linseed)
½ – 1 tsp ground cinnamon
½ – 1 tsp vanilla powder
1 banana, well mashed (optional)
Zest of 1 orange (optional)
3 egg whites

METHOD

- Preheat oven to 160C
- Place oats, nuts, seeds, cinnamon and vanilla in a bowl and mix well
- Add in banana puree and / or orange zest and mix until thoroughly distributed
- Beat egg whites into stiff peaks and fold through granola mix
- Spread out on baking tray lined with greaseproof paper and bake for 20 – 25 minutes until crispy. Stir a couple of times during cooking to break up clusters and ensure granola roasted throughout
- Will keep for up to 2 weeks in airtight container

TIPS

This makes an ideal breakfast or snack. Serve 2 – 4 tbsp. with fresh fruit and coconut yoghurt.

To make a healthy berry crumble, heat a pack of frozen berries until bubbling, add 1 tbsp. honey and cook on a low heat for another minute. Place in individual ramekins and top with granola clusters.