



# Gluten Free Granola

**Serving size:** 30g

**Serves:** 20

**Per serve:** 400kJ | 2.5g protein | 5.7g fat | 10g carbs | 1.6g fibre

## Ingredients

- 1 1/2 cups of puffed rice
- 1 cup puffed corn
- 1/2 cup raw buckwheat
- 1/2 cup quinoa flakes
- 1/4 cup pecans
- 1/4 cup macadamia nuts
- 1/4 cup mixed sunflower and pumpkin seeds
- 1/4 cup almond flakes
- 1/2 cup shredded coconut
- 1 tbs coconut oil
- 4 tbs agave syrup
- 2 tbs peanut butter
- 1 tsp vanilla essence
- 1 tsp cinnamon sugar

## Method

1. Preheat oven to 180°C
2. In a large bowl mix all the dry ingredients minus the shredded coconut. Before adding the pecans and macadamia nuts I tend to give them a quick chop into smaller pieces.
3. In a microwavable dish add the coconut oil, golden syrup, peanut butter, vanilla essence, and cinnamon sugar. Microwave on high for 30 seconds.
4. Pour the wet ingredients into the dry ingredients and mix together (I find it easiest to use my hands for this).
5. Pour the mixture onto a baking dish and put in the oven for 30 minutes. At 10 and 20 minute intervals give the mixture a bit of a stir so that it bakes evenly and all of it ends up nice and brown and crunchy.
6. Allow to cool.
7. Delicious served with some Greek yogurt and raspberries or just eat it on its own as a snack.

