

Low Sugar Granola

by Nicola Brodie



A lot of breakfast cereals contain added and refined sugars and extruded grains, which can mean starting the day with a processed, high sugar meal - spiking your blood sugars and insulin levels and potentially leave you feeling tired and hungry just a few hours later.

This recipe is refined sugar free and uses wholegrains, nuts and seeds.

Prep Time: 10-15 mins

Cook Time: 1 hour

Serves: 8

What you need:

- 2.5c wholegrain oats
- 1/4c chia seeds
- 1/4c pumpkin seeds
- 1/4c raw buckwheat
- 2 handfuls of almonds
- 1c shredded coconut
- 2tsp cacao powder
- 1tsp cinnamon
- 1tsp vanilla extract
- 2tbsp brown rice malt syrup
- 3tbsp coconut oil

What to do...

- Heat your oven up to 160 degrees and line a baking tray with brown baking paper.
- Spread all the dry ingredients out on the tray (mix them together with a fork).
- Drizzle the brown rice syrup and vanilla over the top and then dot the coconut oil evenly on top.
- Put the tray in the oven, then turn the oven off and leave the tray in the oven until the granola is completely cooled and crunchy.
- Remove from the oven and store in a glass jar. Enjoy with your favourite milk and some berries on top.

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