



# Home Made Granola

## **Introduction:**

Granola is a mixture of oat flakes, dried fruit and honey, it is baked in the oven with oil or natural syrups such as agave or rice.

It is usually consumed for breakfast with yogurt, milk, fresh fruit of your choice but also as a base for cheesecake.

Designed by John Harvey Kellogg in 1878, the inventor of the famous "Cornflakes", as a food designed to promote proper nutrition.

The great thing about granola is its versatility.

We can customize it as we want, such as dried fruit, with pieces of chocolate or much more.

I prefer to make it at home because I choose the ingredients and then it is certainly healthier and tastier than packaged ones.

Yes, home made granola is a real concentrate of energy to start the day on the right foot!

### **Ingredients:**

150 g of Oat Flakes G.F.

150 g of Dried Fruit (walnuts, almonds, cashews, hazelnuts)

50 g of Mixed Seeds (pumpkin seeds, pine nuts, sunflower seeds, flax seeds)

50 g of Grated Coconut

4 c of Agave Syrup

3 c of Coconut Oil

Q.b. Cinnamon powder

Q.b. Nutmeg powder

Q.b. Ginger powder

50 g of Dehydrated fruit of your choice (raisins, apricots, cranberries, goji berries).

### **Method:**

In a bowl, place the oat flakes, nuts, seeds and spices.

Pour in the agave syrup and mix with a wooden spoon.

Add the grated coconut and finally the melted coconut oil, 1 minute in the microwave, mix all the ingredients.

Pour the mixture onto baking paper, spread well with a spatula.

Bake (preheated oven) at 175 degrees for about 15/25 minutes.

Every 5/6 minutes turn the granola with a wooden spoon, to ensure that the cooking is homogeneous.

After the cooking time, let the granola cool, when it is cold add the dried fruit to taste, raisins, goji berries, cranberries or apricots.

Pour the granola into an airtight container.

You can keep it for 2 weeks.