



Breakfast

PALEO GRANOLA

Serves 8

Ingredients:

100g almonds, roughly chopped

50g walnuts, roughly chopped

50g pecans, roughly chopped

50g unsweetened coconut flakes

25g ground almonds

1/2 tsp ground cinnamon

1/4 tsp salt (optional)

20g pure maple syrup

20g coconut oil (melted)

1. Preheat the oven to 160°C.
2. Line a large baking sheet with grease proof paper.
3. Add all ingredients to a large bowl, fold until well mixed.
4. Pour onto the baking sheet into an even layer.
5. Bake for 15 mins. Gently turn granola, bake for an additional 5-10 mins, until golden brown.
6. Allow to cool and crisp for about 30 minutes. Enjoy with your favourite plain yoghurt and choice of berries.
7. Store in airtight container for 1-2 months.