

Cinnamon, maple & seed granola

Make a batch of this home-made granola for the week ahead. Packed with beta-glucan soluble fibre (in the oats and barley) and healthy fats in the nuts and seeds, this granola is both delicious and filling! You can omit the dried fruit if you want to keep the sugar content down. Granola is quite nutrient dense, so I like to switch the ratio. Instead of a large bowl of granola with milk, try Greek yoghurt as the base and top with 2-3 tablespoons granola and some fresh in season fruit.

Makes 4 cups

Prep: 10 min

Cook: 30 min

1 cup rolled oats

1 cup rolled barley

1 cup buckwheat kernels

½ cup roughly chopped unsalted nuts (such as almonds, peanuts, macadamias)

1/3 cup seeds (such as pepitas and sunflower seeds)

1 tbs chia seeds

1 tsp ground cinnamon

1-2 tbs pure maple syrup

2 tsp macadamia oil

1 tsp vanilla bean extract

½ cup unsweetened coconut flakes

½ cup dried raisins (optional)

1 Preheat oven to 150°C and line a large baking tray with baking paper.

2 Combine oats, barley, buckwheat, nuts, seeds and cinnamon in a large bowl. Add maple syrup, oil and vanilla and toss to combine. Spread mixture evenly on prepared tray.

3 Bake, stirring every 10 minutes, for 25 minutes or until light golden and crisp. Stir in coconut and bake for a further 5 minutes or until light golden. Stir in raisins (if using) and set aside to cool completely before storing in an airtight container.

Tip: Granola will keep for up to 1 month (in an airtight container).