

Allergy Friendly Granola

- 3 CUPS COCONUT FLAKES
- 2 TABLESPOONS CHIA SEEDS
- 1/2 CUP SUNFLOWER SEEDS
- 1 TEASPOON GROUND CINNAMON
- 100G COCONUT OIL - MELTED
- 3 TABLESPOONS 100% PURE MAPLE SYRUP OR BROWN RICE MALT SYRUP (OPTIONAL)
- 1 CUP DRIED FRUIT (OPTIONAL)
- RICE MILK TO SERVE

- PREHEAT OVEN TO 120 DEGREES. LINE A BAKING TRAY WITH BAKING PAPER.
- COMBINE ALL INGREDIENTS IN A LARGE BOWL, THEN SPREAD ACROSS TRAY EVENLY.
- BAKE FOR 15-20 MINUTES OR UNTIL GOLDEN. TURN HALFWAY TO ENSURE THE FLAKES DON'T BURN.
- THE DARKER THE GOLDEN BROWN THE CRUNCHIER THE GRANOLA WILL BE.
- REMOVE FROM OVEN AND ALLOW TO SLIGHTLY COOL BEFORE SERVING.

NOTES

- STORE IN AN AIRTIGHT CONTAINER FOR UP TO 1 WEEK.

NUTRITION INFORMATION

THIS RECIPE IS FREE FROM:

- NUTS
- DAIRY
- GLUTEN
- EGGS
- SEAFOOD
- SOY
- VEGETARIAN & VEGAN FRIENDLY

*OATS ARE GLUTEN FREE, HOWEVER THEY ARE A COMPLIMENTARY CROP TO WHEAT. WHILST THE OATS THEMSELVES DO NOT CONTAIN GLUTEN THERE MAY BE TRACES PRESENT AS THEY HAVE BEEN HARVESTED AND PROCESSED USING THE SAME MACHINERY.

