

HOMEMADE ORGANIC GRANOLA RECIPE



It's two in a row from Affordable Wholefoods Recipe contributor **Meg Phillips**. This time it's a delicious and simple granola recipe using mostly organic ingredients (though you can of course tailor to your preference). Making your own if you have the time and motivation is a great way to save money on expensive store bought varieties, and you also get to choose your preferred flavours. Enjoy!

Ingredients:

3 cups of organic rolled oats (on special this week)

4 tablespoons of organic coconut oil (melted)

4 tablespoons of organic rice malt syrup

1 cups of organic cashews

1 cups of organic almonds (or Australian Insecticide Free)

1 cup of organic pepitas

3 tablespoons organic linseeds

1/2 teaspoon ground cinnamon

1 cup of organic coconut flakes

Method:

Preheat your oven to 180°C

Combine the oats, seeds, nuts and cinnamon in a bowl and mix well.

In a small jug mix the coconut oil and rice malt syrup.

Pour the mixture in with the oats, nuts and seeds etc and mix until well coated.

Line a baking tray with baking paper and spread the mixture evenly onto the tray.

Bake in the preheated oven for approximately 10-15 minutes.
Remove from the oven and allow to cool before eating.

Inspiration:

For a light breakfast or brunch try sprinkling onto your favourite yoghurt, or smoothie bowl, or enjoy with a splash of almond or lite coconut milk and a handful of fresh seasonal fruits.

Dairy Free | Vegan | Refined Sugar Free

You can follow more of Meg 's recipes through her [Instagram Page here](#)