

PEANUT BUTTER GRANOLA



This month we worked on a recipe collaboration with Janessa from [@glutenfree_sugarfree](#). Janessa specialises in gluten & sugar free baking and made for us this tasty homemade granola with the star ingredient being peanut butter – one of this years (decades) biggest trending foods. Peanut butter has made a real come back of late, especially in foodie circles being a popular ingredient in sweet baking, smoothies and even raw food desserts.

Thank you Janessa for sharing with the Affordable Wholefoods blog.

INGREDIENTS:

- 1 cup whole raw peanuts
- 1 cup shredded coconut
- 1 cup dried dates
- 1 cup puffed quinoa
- 3 tbsp Mayvers dark roasted peanut butter
- 1 tbsp honey
- 1/4 cup coconut oil
- 1 tbsp vanilla extract

METHOD:

Preheat oven to 175c and line a baking tray with parchment.

In a food processor, blitz the peanuts, coconut and dates until they reach a crumb like consistency. Pour into a large bowl and add the quinoa puffs. Stir to combine.

In a small saucepan, add peanut butter, honey, coconut oil and vanilla extract. Stir over a low heat until all ingredients have incorporated. Allow to cool slightly then add into dry ingredients and stir to combine.

Spread mixture out onto baking tray to form an even layer. Place into oven for 10 minutes then remove and flip all of the mixture (if there are bits browning quickly on the edges, move them into the centre, trying not to break up the clusters) place in oven for a further 5 minutes and gently move the browning edges into the centre again. Repeat this process in 2 minute intervals until all mixture is nicely browned.

(Depending on your oven this could take 6-8 minutes)

Remove from oven and allow to cool, mixture will become crunchy on cooling. Try not to touch the mix until it has cooled so you don't break up the yummy clusters!

Store in an airtight container in a cool place or the fridge for up to 3 months.

Enjoy!

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