

Katherine Horstmann Nutrition



My signature Gluten free Granola

You will need:

- 3 tbsp coconut oil
- 3 tbsp maple syrup (or honey)
- 2 tsp cinnamon
- 2 cups of gluten free oats
- 2 cups of buckwheat groats
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup quinoa puffs
- 1/2 cup goji berries
- 1/2 cup raisins
- 1/2 cup mixed nuts

Method:

Preheat oven to 170C Fan – 190C – 375F – Gas 5. Melt coconut oil in the oven. Mix in the maple syrup and cinnamon, then stir in oats and buckwheat until they are fully coated. Cook for 45 minutes stirring periodically. When cool, add sunflower and pumpkin seeds, quinoa puffs, goji berries, raisins and mixed nuts.

Buckwheat groats and quinoa puffs are available in health food stores or online but if you'd prefer to leave these out, just double the quantity of oats

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