

Purition Homemade Granola Recipe

Approx 45g per serving

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">80g Purition - any flavour		<ul style="list-style-type: none">250-300g mixed unsalted nuts75g pumpkin seedsA handful of dried coconut1tsp cinnamon2-3 tbsp coconut oilA pinch of sea salt

Optional extras:

- Chopped dried fruits; dates, cherries, apricots, raisins
- A drizzle of maple syrup

Method:

- Preheat the oven to 160°C
- Mix 250-300g roughly chopped mixed nuts in a bowl with 75g pumpkin seeds, a handful of dried or desiccated coconut and 80g Purition - we used Almond, but you can use any flavour
- Melt 2-3 tablespoons of coconut oil with a teaspoon of ground cinnamon
- Pour the oil mix over the nut mix & mix well
- Spread the raw granola mix onto a lined baking sheet and place in the oven. After 10-15 minutes take it out and give the tray a little shake and pop back in again for another 5-10mins - until the mix is nicely golden
- Once cooked, allow to fully cool on the tray before decanting

Serving suggestion:

45g granola with 100-125g Greek yoghurt, top with some fresh berries and a drizzle of maple syrup or honey if additional sweetness is required

