

Chocolate, Banana and Almond Butter Granola

Most supermarket granolas are packed with sugar, preservatives and trans fats! This is the perfect alternative- it tastes even better! It is so wholesome and nutritious. I hope you enjoy it xx JS

Ingredients:

Makes around 2 cups.

- 1 Cup Oats (Gluten-free option: quinoa flakes)
- 2 tbsp flaxseeds/pumpkin seeds (ok if you don't have)
- 2 Tbsp almond butter (or any nut butter- peanut butter would work fine)
- 2-3 Tbsp Raw honey OR maple Syrup OR stevia powder
- 1/4 Tsp Vanilla powder
- 1-2 Tsp Cinnamon
- 1/2 cup raw almonds
- 1/4 cup chopped dates (optional)
- 1 mashed banana
- 1/4 cup cacao nibs/unsweetened choc chips/dark chocolate pieces
- 1/4 cup coconut chips/flakes
- 1/4 cup butter/or olive oil, melted
- pinch or two of himalayan salt



Method:

Preheat oven to 180 C.

In a food processor/mini-blender whiz up the nuts, coconut flakes, seeds. cacao, dates (ok if you just mix with your hands too and leave the nuts whole).

Heat up the coconut oil, mashed banana and maple syrup (or sweetener of choice) on the stove.

Once the nuts and seeds are chopped, mix the rest of the ingredients together in a bowl- the oats, cinnamon, vanilla. Then add the coconut oil, maple syrup, banana and almond butter to the dry ingredients.

Spread evenly on greased baking paper (I spray it with olive oil) on a tray and bake for about 15-20 minutes, until golden, turning halfway.

When golden, remove and cool immediately to get it crispy. Break it into 'granola' like pieces.

I like to eat this granola with yoghurt – nice and chunky. I also top all my smoothies with it for the crunch factor!

Note: You can add any ingredients to the above recipe! Work with what you have got!