



8 p



40'



level 3



Breakfast

Ingredients

100 g oatmeal flakes
100 g buckwheat flakes
35 g sesame seed
30 g cashews
30 g white almonds
30 g pumpkin seeds
40 g coconut flakes
2 tbsp coconut oil
2 tbsp olive oil
6 tbsp agave syrup or rice syrup
pinch of Himalayan salt

Garnish with

40 g dried goji berries
40 g chia seed
40 g hemp seed
40 g raisins
30 g ground flaxseed

Crunchy superfood granola

Preparation

1. Mix the nuts, flakes and seeds in a large bowl then add the oils (coconut and olive), the syrup and the salt.
2. Place the mixture on a baking tray covered with baking paper. Place the tray in a 150°C oven for 25 to 30 minutes or until the mixture is light brown.
3. It is best not to heat superfoods. Add the goji berries, raisins, chia seed, flaxseed and hemp seed only after the mixture has cooled off.
4. Eat the granola as it is or combine it with oat drink, rice drink, quinoa drink or spelt drink. You could also use low-protein dairy products. High-protein dairy products like yoghurt are more difficult to digest in combination with starch.

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