



Granola



Ingredients

- 3 cups mixed nuts, coarsely chopped
- ¼ cup pumpkin seeds
- 2 tablespoons sesame seeds
- 2 tablespoons flax seeds
- ½ cup coconut shavings
- 1 tablespoon xylitol
- 1 teaspoon ground cinnamon

Instructions

- Add the nuts and pumpkin seeds to a large pan on medium heat to dry toast the nuts for 1 - 2 minutes. Keep stirring to prevent the nuts from burning.
- Turn the heat down to low and add sesame seeds, flax seeds, and coconut shavings. Keep stirring.
- When the coconut shavings start to toast, add the xylitol and ground cinnamon and stir for another 1 - 2 minutes until the mixture is toasted to your liking and you can smell the nutty aroma. Keep an eye on the mixture and keep stirring to prevent burning.
- Turn off the heat and let the granola cool down completely before storing in an airtight container.
- Serve with Greek yoghurt and fresh berries.