



## ALMOND GRANOLA CLUSTERS

Courtesy of: Vicki Ma

ReFuel Winter 2018



### Ingredients:

3 cups of rolled oats  
1 cup almonds  
½ cup pumpkin seeds  
½ cup walnuts, roughly chopped  
½ cup of dried cranberries  
6 dried dates, roughly chopped  
½ cup shredded coconut  
1 teaspoon cinnamon  
sprinkle of salt  
1 tablespoon extra virgin olive oil  
½ cup honey  
1 teaspoon vanilla essence  
Milk and/or yoghurt to serve

### Method:

1. Preheat oven to 180 °C and line two large trays with baking paper.
2. Mix oats, almonds, pumpkin seeds, walnuts, sprinkle of salt and cinnamon/nutmeg in a large bowl.
3. In a medium bowl, whisk together oil, honey or maple syrup and vanilla essence. Pour over dry ingredients and mix well to combine.
4. Spread mixture evenly over baking trays and bake for 30 – 40 minutes, or until nicely toasted. Make sure to stir the granola every 10 minutes to prevent it from burning. Allow it to cool for 20 minutes to aid crunch!
5. In a large bowl, mix granola with dried cranberries or mixed citrus peel, chopped dates (or add fresh blueberries when serving for sweetness) and shredded coconut. Store mixture in an airtight jar or container!

### Nutrition Information

1 serve = 75 grams

Nutrient	Per serve
Energy	1361 kJ
Protein	7.8 g
Fat	18.6 g
Saturated Fat	4g
Carbohydrate	30.7 g
Sugars	19.1 g
Fibre	4.8 g

### HOT TIPS



Eating a nourishing meal in the morning can help kick-start the metabolism, refuel your glycogen (energy) stores as well as provide sustained energy. Serve these clusters with a probiotic rich yoghurt and milk to ensure you're getting a calcium-rich breakfast, gut boosting health hit as well as high-quality protein to promote muscle recovery.