



## FODMAP FRIENDLY ALMOND GRANOLA CLUSTERS ReFuel Winter 2018

Courtesy of: Vicki Ma



### Ingredients:

- 3 cups of rolled oats
- 1 cup almonds
- ½ cup pumpkin seeds
- ½ cup walnuts, roughly chopped
- 1 cup of mixed citrus peel
- ½ cup shredded coconut
- 1 teaspoon of nutmeg/cinammon
- sprinkle of salt
- 1 tablespoon extra virgin olive oil
- ½ cup maple syrup
- 1 teaspoon vanilla essence
- Lactose free 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	1195 kJ
Protein	7.8 g
Fat	18.5 g
Saturated Fat	4 g
Carbohydrate	20.5 g
Sugars	8.9 g
Fibre	4.6 g

### HOT TIPS

If you're curious to understand more about whether you need to trial a short – term Low Fodmap Diet and to continue getting the most from your training, see an Accredited Sports Dietitian.

