

Breakfast Granola

serves 2

This granola makes a refreshing breakfast and is a good source of healthy fats, vitamins, minerals and dietary fibre.



Ingredients | Method

2 cups walnuts	Salt
2 cups almonds	2 tbsp coconut sugar
1 cup hazelnuts	2 tsp cinnamon
1 cup pumpkin seeds	¼ cup maple syrup
½ cup sesame seeds	2 apples
1 cup shredded coconut	½ cup Goji berries
	1 lemon

1 Heat oven to 220C. Spread the nuts, seeds and shredded coconut evenly on a tray lined with baking paper. Sprinkle the salt, sugar, cinnamon and any other spice (ginger/cardamom) you may like over the dry ingredients. Drizzle maple syrup over the top. Place tray in oven and cook 5-10 mins (taking care not to burn the nuts, particularly with the maple syrup).

2 Meanwhile, finely grate the apples into a bowl and mix together with the Goji berries and juice of the lemon.

3 Once the nuts have toasted, stir them in with the apple mixture and serve with yoghurt or coconut yoghurt and top with fresh berries.

Cook's notes: The nut mixture will keep in a container in a cool, dry place (without the fresh fruit mixed in). If you prefer a finer granola, chop the nuts before toasting them or blend for one second in a food processor after toasting.

Recipe #29 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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