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Naturopathy, Nutrition & Kinesiology

Wheat and oat free granola (can be made completely gluten free)

Makes 750g (1lb 11 ¾ oz) a large kilner jar – Time: 30 mins max

Ingredients:

500 g (5 ¾ cups) grain flakes (I usually have a mix of 3 or 4 different wheat free flakes) including spelt, buckwheat, rye, barley, quinoa, amaranth or brown rice

*if you are gluten sensitive do not eat spelt, rye or barley, stick to buckwheat, amaranth, quinoa or brown rice

* use organically grown grain flakes in order to avoid glyphosate and other pesticides

*if you are not oat sensitive you can use gluten free oats (many people are sensitive to the protein avenin in oats) – oats do not have gluten in them but get contaminated by gluten as they are grown in crop rotation with wheat

4 tbsp oil – I like to use coconut oil (gently heated), or avocado oil or rapeseed oil

80g (3oz/scant ½ cup) runny sweetener – options include brown rice syrup (my favourite), agave syrup, runny honey

1 tsp ground cinnamon

20g (scant ¼ cup) raw sesame seeds

50g (scant ½ cup) raw pumpkin seeds

50g (scant ½ cup) raw sunflower seeds

85g (scant ½ cup of raw nuts) – crushed almonds, brazils or cashews

100g (scant 2/3 cup) dried fruit – chopped organic figs, apricots or I like mulberries

Method:

- Preheat the oven 150 degrees C/ 300 degrees F/gas mark 2 and line a parchment paper
- Put the grain flakes into a large bowl and coat them with the oil, runny sweetener of your choice, cinnamon and sesame seeds
- Scatter the mix evenly over the baking tray and bake in the preheated oven. After 10 mins they should be golden on top, take them out of the oven and stir them around. Return to the oven for 5 mins
- Once the mix is nice and golden, scatter the other seeds into the mix and bake for a further 8 minutes
- Remove from the oven and stir once more, add the dried chopped fruit of your choice, mix in and bake for 2 more minutes. Take the granola out and let it cool, it will keep for 3 months in an air tight jar

