



### SEED & SOUL CRUNCH GRANOLA

If you live in a hot country, definitely would be advised to keep your granola in the refrigerator.

 25 minutes

 1 hour and 10 minutes

 13 portions

## INGREDIENTS

- 150 grams of gluten-Free Oats breakfast
- 100 grams of sunflower seeds
- 70 grams of nuts, pecans
- 100 grams of oil, olive
- 100 grams of pumpkin seeds
- 100 grams of chocolate, dark, 70-85% cacao solids
- 2 large units of egg, white, raw, fresh (66 g)

## COOKING METHOD

- 1° Preheat your oven to 160°C. Prepare your oven-tray with baking paper.
- 2° Mix all dry ingredients: In a large bowl, combine the oats, lemon and orange zest (optional), sunflower seeds, hazelnuts, pumpkin seeds, dried cranberries and/or blueberries (optional), cinnamon, and sea salt.
- 3° Add wet ingredients: Pour in the oil, the white egg, maple syrup and/or honey (optional). Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
- 4° Combine and Fold: Mix it all well. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
- 5° Bake to Perfection: Spread the granola mixture evenly on the baking paper tray. Bake for 50 minutes until lightly golden, stirring after 25mn to ensure even cooking and prevent burning!
- 6° Optional, after 25 minutes in the oven, we can \*add the coconut flakes, mix it again !
- 7° Cool and Store: Allow the granola to cool down completely (2 hours) and \*\*add the dark chocolate bits (optional). And then, transfer it to a container.
- 8° Enjoy this granola with natural coconut yogurt (chose per your taste), fresh seasonal berries or any other fruit (mango, papaya, kiwi, etc). Be creative and enjoy !

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (53 g)	% DRI
ENERGY	497 kcal	262 kcal	13 %
FAT	42 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	8 g	4 g	22 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	22 mg	12 mg	0 %
CARBOHYDRATE	20 g	11 g	4 %
SUGARS	7 g	4 g	—
FIBER	3 g	2 g	7 %
PROTEIN	11 g	6 g	—