



NUTTY NO OATS GRANOLA

Aim: All the fats!

Ingredients

- 50g almonds
- 50g pecans
- 25g pumpkin seeds
- 20g desiccated coconut
- 25g chia seeds
- 30g peanut butter
- 30g cashew butter
- 30g honey
- 10g extra virgin olive oil

Directions

READY IN: 190 // SERVINGS: 6

1. Mix it all up until thoroughly combined, then bake on a lined baking tray for 3 hours at 90 degrees, until the mixture is golden and fairly dry to the touch.
2. Leave to cool and then store in an airtight container for up to 7 days.

Variations to consider: If you do want higher carb and lower fat, add toasted oats after cooking! Serve with high protein yoghurt and fruit or oats, to add protein and carbs to your brekkie. Use as a topping to your fave smoothie bowl, to add fats! Switch up the nuts you use, to change the flavour and micronutrient focus. For example, switching the peanut and cashew butter for almond butter will up the magnesium, antioxidant and vitamin E content, for an immune boost and muscle chill pill!!

CALORIES

290

CARBOHYDRATE

7

PROTEIN

7

FAT

26