

Buckwheat Granola

2 cups of roasted buckwheat groats
¼ cup of unsweetened puffed rice
½ cup raw quinoa
1 cup chopped cashew nuts (any nuts of your choice)
¼ cup sesame seeds
½ cup sunflower seeds
½ cup unsweetened desiccated coconut
½ cup dried cranberries
4 tablespoons of coconut oil
3 tablespoons of honey or argave syrup

Preheat the oven to 160C/360F. In a large bowl combine all the dry ingredients. Combine the oil and honey in a small saucepan over low heat until melted and runny. You can do this in a small bowl in the microwave too. Pour the wet ingredients onto the dry ingredients and mix well with a spoon until well incorporated.

Spread the mixture onto a baking sheet and bake for 20 to 30 minutes. Turn the mixture regularly so that it does not burn. When the mixture has turned a lovely golden colour remove from the oven. If the mixture is still too wet, give it another 10 minutes or so. Cool. Transfer to an airtight container when the granola is completely cool.

Enjoy!

With love <http://mymezzaluna.com>