

Recipe Of The Season

Crunchy Granola

Making your own muesli may seem a little time consuming but it is well worth the effort and really doesn't take very long at all. What better way to start the day than a bowl full of your own tasty muesli, that is full of fibre, essential fatty acids, is wheat free and naturally sweetened.

The barley and rye flakes are a great source of insoluble fibre which helps fight colon cancer, diabetes and cardiovascular disease. All the seeds are a rich source of minerals, protein and monounsaturated fat they also contain phytosterols, which are believed to help lower cholesterol.

Almonds are a concentrated source of protein, a ¼ cup almonds contains 7.62 grams of protein, more than what is provided in the typical egg!

Rice syrup being a grain based sweetener, contains a good percentage of complex sugars which take longer to digest than simple sugars, giving you a more sustained energy release. Maple syrup as a sweetener contains fewer calories and is higher in minerals than honey, it is also an excellent source of manganese and zinc, good antioxidants and immune boosters.

Recipe

- ½ cup maple syrup
- ½ cup rice syrup
- 2 cups rolled barley flakes
- 2 cups rolled rye flakes
- 1 cup almonds roughly chopped
- ½ cup unhulled sesame seeds
- ½ cup sunflower seeds
- ½ cup pepitas
- 1/3 cup macadamias roughly chopped (optional)
- ¾ cup chopped dried fruit (optional)
- 1 tsp ground cinamon



Method

Preheat the oven to 180. Place both the syrups in a saucepan and gently heat. Remove from heat and leave to cool. Put the barley flakes, rye flakes, almonds and seeds in a large bowl and toss through the cooled but still slightly warm syrups. Place on 2 baking trays and bake for 10 to 15 minutes , stirring occasionally so its evenly toasted. Remove from oven and stir through the cinnamon and dried fruit (if using). Let cool and store in an air tight jar.

This muesli can also be eaten raw just exclude the syrups and mix all ingredients in a large bowl and store in an air tight container. Especially yummy served with Barambah organic yoghurt.