

LOVE THY CARROT

real food made with love

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BUCKWHEAT AND APRICOT GRANOLA

This recipe makes one big container.

INGREDIENTS

2 cups of oats
1 cup of buckwheat
1/4 cup maple syrup
2 tbsp coconut oil, melted
1 tsp ground cinnamon
1 cup almonds, chopped
1 cup of sunflower seeds
1 cup of pumpkin seeds
1 cup apricots, cut into 1/4-inch cubes
1 cup unsweetened shredded coconut

DIRECTIONS

1. Preheat oven to 325°F and line a baking sheets with parchment paper.
2. In a large mixing bowl, add oats, buckwheat, maple syrup, coconut oil and cinnamon. Toss to coat well.
3. Spread granola out on prepared baking sheet. Bake until golden brown, about 12 to 15 minutes. Remove from oven, toss well and bake for 5 minutes more. Remove and let cool.
4. To a large mixing bowl, add the oat and buckwheat mixture and mix in the almonds, sunflower and pumpkin seeds, apricots and coconut. Transfer to storage containers.

COOKS NOTES

This recipe can be made in advance and stored in air tight containers.

