

Jaffa Granola Clusters

50 g Pine nuts
100g Shredded coconut
100g Almond meal or chopped almonds
50g Sesame seeds
50g Walnuts (chopped)
30g Raw cashews (chopped)
200g Chia seeds
150g Butter
150g Coconut oil
150g Natvia sweetener

4t Cinnamon
1t Cardamom
1T Vanilla essence
4T Lemon juice
Zest from 2 oranges
70g Psyllium husk
100g Cacao nibs
1 scoop (30g) Protein ISO Pure (optional)
1T Gelatine

Put all together into a large baking dish, put in the oven for 5-10 minutes on 170 degrees fan bake for the butter and coconut oil to melt, and then stir until evenly mixed.

Return to the oven for a further 30-45 minutes, stirring every 15 minutes.

Remove from the oven, allow to cool. Place in a container in the fridge to keep. Continue to stir the mixture every now and then for the next few hours so that it does not go rock hard in one large clump.

Once completely set it will be in a 'crunchy cluster' form.



Serving suggestions:

Great for breakfast, snack or lunch.

Serve as a cereal with approximately 100mls natural unsweetened yoghurt and berries

+/- 50mls cream

+/- 50mls unsweetened almond/coconut milk

Or use 2-3T in a smoothy for a crunchy consistency, depending on how fine you blend it

Macronutrient profile per serving (based on 14 servings) without any extras, milk etc:

Net carbs 5.3g-9.3%, Protein 9.8g-17.3%, Fat 41.6g-73.4%, Calories 424 per serve

Saturated fat 14.8g, Mono fat 8.8g, Omega-6 5.9g, Omega-3 2.9g, Omega 6-3 ratio 2:1

This lasts our family of 2 Adults and one child about a week

Measuring



Cooking and mixing



Cooled and set into clusters in fridge ready for eating

