

NCIMD's Homemade Granola recipe

Serves 9

Portion size: 35g

Ingredients

3 Mevalia Ciabattine

2 Mevalia Fruit Bars

2 Pink Lady Apples

30g desiccated coconut

2tbsp of mixed spice/cinnamon

2tbsp honey 20 sprays of frylight oil of choice/ 2 tbsp of coconut oil



Method

1. Preheat the oven to 200 degrees Celsius.
2. Dice the 2 apples like how you would finely dice an onion. Spread out onto a large tray (ensure there is plenty of space). Sprinkle cinnamon/mixed spice on the apple pieces and cook for 20-25 mins until mostly dry.
3. Cut the ciabattine rolls into cubes-sized pieces. Place onto another large tray. Add these at the same time as the apples but take out after 10-15 mins (when the bread is very crispy and hard).
4. While waiting for the apple to cook, blitz the ciabattine pieces (in a blender/food processor) for only a few seconds until there is a rough mixture.
5. Blitz the fruit bars similarly in a blender/food processor but into a finer crumb.
6. Add the crumb of the fruit bars, ciabattine bits, the 2 tbsp of cinnamon/mixed spice and desiccated coconut to a bowl and mix.
7. When the apple is mostly dry and cooked, add into the bowl of dry ingredients and mix again.
8. Add 2 tbsp of honey, add the oil and mix.

9. Spread out onto a baking tray and turn down temperature to 100-120 degrees Celsius and cook for only 6-8 mins.
10. Serve with your favourite low protein yoghurt such as coconut collab or Koko *(check for protein content).

