



Low FODMAP Maple Granola

Serves: 20 1/4 cup (35g) serves

Prep: 5 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1/2 cup almonds	61 g	2.2 oz
1 1/2 cups rolled oats	124 g	4.4 oz
1/2 cup buckwheat kernels	90 g	3.2 oz
1/4 cup linseeds/flaxseeds	44 g	1.6 oz
1/4 cup sunflower seeds	12.5 g	0.4 oz
1/4 cup chia seeds	44 g	1.6 oz
1/4 cup pepitas	36 g	1.3 oz
1/2 tbsp ground cinnamon	5 g	0.2 oz
1/4 cup maple syrup	83 g	2.9 oz
1/4 cup coconut oil	58 g	2 oz
2 tbsp extra virgin olive oil	37 g	1.3 oz
30g natural peanut butter	30 g	1 oz
1 tsp vanilla essence	5 g	0.2 oz

Method

1. Preheat oven to 160°C/320°F fan-forced (180°C/356°F if not fan-forced) and line two trays with baking paper
2. Roughly chop almonds
3. Mix together all dry ingredients in a bowl
4. Add all wet ingredients into a microwave proof jug and heat until liquid
5. Pour the liquid over the dry ingredients and mix well until all coated
6. Divide over the two trays in a nice thin layer, press down firmly as this is what helps it stick together and get crunchy. Sprinkle dried cranberries over the top to mix in when cooled.
7. Cook for 12-18 minutes or until lightly golden. Take out of the oven and set aside to cool.
8. When cool, break apart and store in airtight container for <4 weeks.
9. With all the nuts and seeds, stick to the recommended serve size to avoid too many FODMAPS.

Nutrition Information (per serve)	
Energy	746 Kj / 178 cal
Protein	5.00g
Carbohydrates	12.00g
Sugar	6.00g
Total Fat	12.00g
Saturated Fat	4.00g
Fibre	3.00g