



## CRUNCHY BUCKWHEAT GRANOLA

YIELDS: APPROX. 6 CUPS

Start your day off right with this delicious granola. Made with our Harvest Grain Flake Mix and Buckwheat Groats, it has the traditional flavours and texture of granola with an extra crunch from the buckwheat. Choose any mixture of nuts, seeds and dried fruit you like – just remember to always add the dried fruit after the granola has been cooked. Store in an airtight container and serve with milk, fruit & yogurt.....or even ice cream!



### *Ingredients*

- 2 3/4 cups Anita's Organic Harvest Grain Flake Mix
- 1 cup Anita's Organic Buckwheat Groats
- 1/2 cup chopped nuts (we used walnuts)
- 1/3 cup Anita's Organic Oat Bran
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/4 tsp sea salt
- 1/2 cup brown rice syrup, warmed gently
- 1/4 cup coconut oil, melted
- 1/2 cup shredded coconut
- 3/4 cup dried fruit, chopped if large (we used a mixture of apricots, dates, cranberries and thompson Raisins)
- 1/2 cup cacao nibs

### *Instructions*

1. Preheat the oven to 300°F and line two cookie sheets with parchment paper.
2. In a large bowl mix together the Harvest Flake Mix, buckwheat groats, oat bran, chopped nuts, cinnamon, vanilla powder, and salt.
3. In a small heavy based pan gently warm the brown rice syrup and coconut oil over a low heat until liquefied.
4. Drizzle the oil & syrup mixture over the flake & buckwheat mixture. Mix well until the dry ingredients are evenly coated with the wet mixture.
5. Divide the mixture evenly between the two lined cookie sheets and spread out into an even layer.



6. Place in the oven and bake for 1 hour until golden. During the cooking process take the trays out every 15 to 20 minutes and stir the mixture around to prevent the mixture at the edge of the trays from burning.
7. When fully cooked remove from the oven and allow to cool for a few minutes before transferring the mixture to a large bowl.
8. Add the dried fruit, coconut and cocoa nibs and stir well. Allow the mixture to cool fully and then transfer to an airtight storage container.