



Tropical Gluten Free Granola

Serves 7

1 cup (165g) pineapple, cubed

5 Medjool dates, pitted and roughly chopped

orange, 2 tbsp. juice

1 tbsp. vanilla extract

1 tsp. ground cinnamon

¼ cup (60ml) coconut oil, melted

3 cups (400g) almonds, roughly chopped

1 cup (150g) cashew nuts, roughly chopped

3 cups (90g) unsweetened coconut flakes

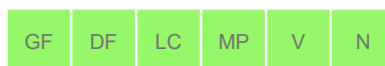
½ cup (70g) sunflower seeds

½ tsp. salt

What you need to do

1. Pre-heat oven to 250°F (120°C) and prepare 2 racks lined with baking sheets.
2. In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.
3. Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.
4. Fold in the pineapple mix into the nuts and mix well until combined.
5. Divide the wet granola between the two prepared baking sheets and spread into a thin layer.
6. Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.
7. In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.
8. The granola can be kept for a couple of weeks.

Note: Nutrition information is given per serving size of ¼ cup – 28 grams.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	2 hrs	182	14	10	4

*Nutrition per serving

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