

A top-down photograph of a small white bowl with black speckles, filled with golden-brown granola and three fresh strawberries. The bowl sits on a light-colored, weathered wooden surface. Scattered around the bowl are several pieces of granola and one whole strawberry. In the background, a piece of burlap fabric with dark stripes is visible. A wooden spoon with a marbled pattern lies to the right of the bowl. A semi-transparent white box with the text "TROPICAL GLUTEN FREE GRANOLA" is positioned in the upper right corner.

# **TROPICAL GLUTEN FREE GRANOLA**

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Makes: 7 cups  
Prep: 20 mins  
Cook: 2 hrs



Nutrition per  
serving:  
173 kcal  
14g Fats  
10g Carbs  
4g Protein



## WHAT YOU NEED

- 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

### Note:

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

## WHAT YOU NEED TO DO

*Pre-heat oven to 250F (120C) and prepare 2 racks lined with baking sheets.*

*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 until required.*

*Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.*

*Fold in the pineapple mix into the nuts and mix well until combined.*

*Divide the wet granola between the two earlier prepared baking sheets and spread into a thin layer.*

*Place into the oven and bake for around 2 hours. Give the granola a mix every 20 mins and rotate the trays after 60 mins of baking.*

*In the last 30 mins 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.*

*The granola will keep for a couple of weeks.*