



HEALTHYFOOD
STUDIO

Homemade granola AND GRANOLA DATE BALLS

INGREDIENTS

HOMEMADE GRANOLA

250ml	Rolled oats
100ml	Sesame seeds
150ml	Linseed
100ml	Sunflower seeds
250ml	Mixed nuts, chopped, raw and unsalted
200ml	Dried coconut flakes (I used freeze dried coconut chunks)
15ml	Honey
5ml	Ground cinnamon
60ml	Low fat milk
30ml	Coconut oil
200g	Dried apricots, chopped

METHOD

- 01 Preheat the oven to 200°C.
- 02 Combine all the ingredients except the dried apricots and oats in a bowl and mix well.
- 03 Allow the mixture to stand for 10 minutes, then add the oats.
- 04 Mix well again and spread out over a baking sheet and roast the mixture until it is golden.
- 05 Remove from the oven, allow to cool and add the dried apricots and freeze dried coconut chunks
- 06 Store in an airtight container or jar.

SERVES

18

GRANOLA AND DATE BALLS

250g	Granola
125g	Fresh dates

- 01 Place granola and dates in a food processor and blend until well combined.
- 02 Roll into balls and store in an airtight container

MAKES

20