

Granola di Veronica

A rich and healthy mixture
for a good start to the day !

For two large trays in a domestic oven

- 250 g large, coarse oat flakes (only these are wholegrain)
 - 50 g spelt or oat puffs (spelt pops)
 - 3 tbsp sesame
 - 2 tbsp whole buckwheat
 - 1 tbsp linseed
 - 6 tbsp sunflower seeds
 - 70 g whole almonds, chop coarsely
 - 70 g whole hazelnuts, chop coarsely
 - 70 g walnuts, chop coarsely
- and then mix everything together.

Weigh directly into a small pan (little pot) :

- 50 g olive oil, «the good one»
- 50 g water
- 50 g mild honey
- 70 g brown sugar
- 1/8 tsp cinnamon
- 1/8 tsp vanilla powder (ground pod),
or 1 knife tip of the seeds from a pod
- 1/4 tsp salt

Warm everything together over a low flame.
Stir until the sugar has dissolved.
Do not boil.

Then pour it over the flake mixture and mix well.

Line 2 trays with baking paper and spread the mixture on them.

Bake in the preheated oven at 170 degrees for about 30 minutes. With a fan, both trays at once; without a fan, better one after the other.

Turn after 15 minutes and then check and turn often. It should be a nice dark gold. The mixture only turns crisp as it cools down.

Variations

You can vary the flake and nut mixture without any problem. Simply leave out what you do not like or do not have to hand, or replace it. The fewer nuts you add, the cheaper the mixture becomes, and the quicker it is to prepare – it saves the time spent chopping nuts. All that matters is roughly keeping to the ratio of total volume to liquid.



VERONICA'S TIP

I do not mix in any dried fruit, as many recipes suggest. They make the mixture moist and I like it crisp. And besides, I prefer the fruit fresh. The choice is wide, even in winter. Have you ever tried it with grated carrot? Mix yoghurt, carrot and apple and put granola on top. Mmh, what a start to the day !