

Grain-free granola with yoghurt & berries

Grain-free granola is a versatile ingredient that can be used as a topping for desserts or simply enjoyed with yoghurt and berries, as in this recipe. Using a packet of mixed nuts or grabbing small amounts from the bulk-bin section of the supermarket means you won't have to buy too many at once. Nuts are pricey, but buying in bulk reduces the price of them in the long run. Remember to buy raw nuts wherever possible, as some pre-roasted ones come in oils we want to avoid.

Makes about 20 servings
Prep time 10 minutes
Cooking time 10 minutes
Carb count 14.8 g per serving

EQUIPMENT

Oven-proof dish, 2 large plates, food processor or mortar and pestle, large mixing bowl, wooden spoon, storage jar

INGREDIENTS

200 g (1½ cups) almonds
 200 g (1½ cups) hazelnuts
 200 g (1¾ cups) pecans
 200 g (1¾ cups) walnuts
 200 g (1½ cups) macadamia nuts
 125 g (1 cup) linseed
 200 g (1½ cups) pumpkin seeds/pepitas
 200 g (1½ cups) sunflower seeds
 200 g (2½ cups) coconut flakes (shredded or desiccated works fine, too)
 50 g (¼ cup) grated dark chocolate (85% or higher)
 optional pinch of spices: cinnamon, nutmeg, cardamom

TO SERVE, PER PERSON

80 g (⅓ cup) natural, full-fat, unsweetened yoghurt
 50 g (½ cup) fresh or frozen berries

METHOD

Preheat oven to 180°C. Toast the nuts in the oven-proof dish for 5 minutes, stir and then toast for 2–3 minutes longer to cook evenly. Transfer the nuts to the large plates to cool for 10 minutes. Put the cooled nuts into the food processor and pulse in 1-second bursts until they are chopped to the size you like. Pour the nuts into the bowl and stir in the seeds, coconut, chocolate and the spices, if using. Mix well and then transfer to the storage jar to keep fresh. This granola will stay fresh for up to 1 month in a cool, dark place, so scale up the recipe if you want more. To serve, spoon the yoghurt and berries into a bowl and top with the granola.

TIP

While you have the oven on, it's a good idea to make extra toasted nuts for other recipes. They keep for up to 2 weeks in an airtight container. Take care not to burn softer nuts like cashews – underdone is better than over!

