



LOMONDO

GRANOLA

½ cup Lomondo Extra Virgin Olive Oil
½ cup maple syrup
½ cup brown sugar
3 cups rolled oats, not quick oats
1 cup pepitas
1 cup sunflower seeds
1 cup shredded coconut
1 cup pecan nuts
1 cup raw almonds
good sprinkle sea salt

Combine Lomondo Extra Virgin Olive Oil, maple syrup and sugar in a large bowl. Add all the remaining ingredients and toss well.

Spread the Granola out in a thin layer on a baking sheet lined with baking paper. Bake at 150°C for 45 minutes until toasted, stirring the Granola every 10 minutes. Remove the Granola from the oven, season with more salt if desired. Cool thoroughly before storing in an airtight container.

Note: To activate the nuts (making them easier to digest and great for your metabolism overall) - Soak the nuts and seeds overnight in salted water. Drain well. Spread out on a baking tray and bake at 50°C (or as low as your oven can go) for 12 hours. Add to the Granola after it has been cooled. Serve with yoghurt and fresh or stewed fruit.

Prep Time: 10 minutes

Cook Time: 45 minutes

Oven Temp: 150°C

Makes: 8 cups