

# Gluten Free Granola (Jan Bliton)

## Ingredients

- 3 cups mixed nuts eg almonds, cashews, hazelnuts, Brazil nuts
- 2/3 cup each: desiccated coconut, mixed dried fruit eg cranberries, apricots, pitted dates
- 1/2 cup pumpkin seeds
- 2 tablespoons each: liquid honey, maple syrup
- 1 tablespoon vanilla essence



## Method

1. Preheat the oven to 160°C.
2. Place 2 1/2 cups of the nuts in a food processor together with the coconut and dried fruit. Pulse until the mixture is chopped into medium-sized pieces. Some will be smaller but that's okay. Place in a large bowl.
3. Add the remaining whole nuts and the remaining ingredients. Large Brazil nuts may need to be chopped. Mix well.
4. Line a large baking pan with baking paper. Add the mixture and spread it out evenly.
5. Bake for about 40-45 minutes, stirring every 10 minutes — until dark golden brown.
6. Cool completely. Store in an airtight container in the refrigerator. Makes about 6 cups.

<https://www.bite.co.nz/recipe/10624/Orange-date-coconut-seed-and-honey-balls/?frmcol=2761>