

WEEKEND TREAT

Cacao Granola

YOU WILL NEED

- 150g raw whole almonds, chopped
- 100g raw cashews (can substitute with walnuts or pecans if preferred)
- ¼ cup (30g) pepitas
- 1 ½ cups (100g) coconut flakes
- ½ cup (75g) cacao nibs
- ¼ cup (40g) cacao
- 1 tsp cinnamon
- ¼ cup (60ml) organic maple syrup
- 1 tsp vanilla extract
- ¼ tsp sea salt

PROCEDURE

- Preheat oven to 120 C
- Chop almonds roughly then add to a large mixing bowl.
- Add whole cashews, coconut, cacao nibs, cacao, cinnamon & sea salt.
- Stir to combine.
- Add maple syrup and vanilla.
- Mix together using your hands (wear disposable gloves)
- Mix until mixture becomes wet & glossy.
- Spread granola evenly and thinly onto a lined baking tray.
- Bake for 45 minutes until crunchy. Turn granola half way through baking using a spatula.
- Cool completely on oven tray & store in airtight jar.
- Serve with nut milk or yoghurt & berries.



HEALTH TIP

Cacao and cashew nuts stimulate production of serotonin, our feel-good hormone.

High in magnesium. Magnesium helps with stress, sleep and muscle cramps.

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