



CHOCOLATE GRANOLA

Makes about 4 portions or lots of topping to sprinkle over other breakfasts like porridge

Oven set at 160°C fan forced, 180°C regular

1 ripe banana, mashed*

1 ½ tablespoons extra virgin olive oil

½ teaspoons vanilla extract or seeds

11g/ 1 heaped tablespoon cocoa or cacao or swap for 2 teaspoons cinnamon powder

125g whole rolled oats

20g raw almonds, roughly chopped

20g pumpkin seeds

Optional - 1 tablespoon grated fresh ginger

*If you don't like, or can't tolerate banana, then use 1 ½ tablespoons maple syrup

Using your hands (its a bit messy), or a fork, thoroughly massage all the ingredients together except for the nuts/seeds.

Tip this mixture onto a lined baking tray, spread out thinly & pop in the oven.

After about 10 minutes take it out of the oven, add the nuts/seeds & stir around taking the outside bits in & inside bits out!

Pop back in the oven for another 5 minutes.

Then bring out of the oven to cool; The granola goes crunchier as it cools.

Once cold, store in an airtight container for a couple of weeks.

I often double or triple the recipe amount - this might mean you have to allow 5 more minutes for the initial cooking time before adding the nuts/seeds, plus stir the mixture around half way through cooking time. This prevents outside pieces from over cooking before the inside pieces are baked enough.

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Emma Ellice Flint

Nutritionist | Author | Presenter

www.emmasnutrition.com | +44 1789 595004

Clinic: Newson Health, Church Street, Stratford-Upon-Avon, CV37 6HB, UK

[emmas_nutrition](http://www.emmasnutrition.com)

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