



Sugar free granola with nuts and pineapple

30'
Hands on

20'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 150 g quinoa
- 50 g almonds
- 50 g oats
- 40 g flaxseed, ground
- 30 g sunflower seeds
- 1/2 teaspoon(s) flaxseed, whole
- 1 teaspoon(s) cinnamon, ground
- 80 g pineapple, fresh, cut into cubes

To serve (optional)

- 400 g strained yogurt, 0%
- 80 g pineapple, slices
- 10 g blueberries
- 10 g blackberries

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 441 Calories (kcal) | 18.0 Total Fat (g) | 1.8 Saturated Fat (g) | 40.0 Total Carbs (g) |
| 22% | 26% | 9% | 15% |
| 13.0 Sugars (g) | 25.0 Protein (g) | 9.4 Fibre (g) | 0.23 Sodium (g) |
| 14% | 50% | 38% | 4% |

Method

- Preheat oven to 180* C (350* F) Fan.
- Place a **pot** over medium heat and let it get very hot.
- When it starts to smoke, add the quinoa. Cover the pot with the lid and remove from heat.
- The quinoa will turn golden brown and start to pop like popcorn.
- When all of the quinoa turns golden brown, transfer to a bowl.
- In a food processor, coarsely grind the almonds and add to the quinoa.
- Add the oats, ground flax seeds, sunflower seeds, whole flax seeds and cinnamon.
- Stir all of the ingredients with a spoon.
- In a food processor, add the slices of pineapple and beat until pureed.
- Add it to the mixture and mix.
- Divide the mixture between 2 **baking pans** that have been lined with parchment paper.
- Make sure to spread it in as thin a layer as possible so that it can bake evenly.
- Place both baking pans in the oven and bake for 15-20 minutes, until the mixture turns a light golden brown.
- When ready, remove from the oven and allow the granola to cool on a wire rack.
- Store the granola in a well-sealed jar.
- Serve with yogurt or milk, pineapple slices and any other fruit you like.

Tip

You can try it with yogurt or low-fat milk.