



## GENERAL MENU SET RECIPE OPTION

### Joe's granola

#### INGREDIENTS (6 servings)

- 115ml (4 fl. oz) pineapple juice
- 65ml (2.2 fl. oz) apple juice
- 60g (2.1oz) agave syrup
- 20g (0.6oz) coconut oil or olive oil
- 350g (12.3oz) oats
- 145g (5.1oz) puffed rice
- 1 ½ tsp cinnamon – optional
- 25g (0.8oz) sliced almonds, toasted
- 25g (0.8oz) pumpkin seeds
- 25g (0.8oz) flaxseeds
- 130g (4.6oz) 0% fat Greek yogurt  
– to be served with each 1 portion

Everyone loves a good granola and this doesn't disappoint. Please use sparingly and not nail every morning as you need to get a healthy mix of protein, fats and carbs.

#### METHOD

Preheat oven to 180°C (fan 160°C, gas mark 4).

In a medium-sized saucepan combine the pineapple juice, apple juice, agave and oil. Bring this mix to the boil and simmer so the liquid reduces slightly.

Meanwhile in a bowl mix together all the dry ingredients. Carefully mix through the liquid – adding a splash more juice if the mix is too dry.

Line a baking tray with non-stick paper and evenly spread the mix about 1cm thick. Slide the tray in the oven and cook for 35-40 minutes. Give the ingredients a good mix every 5-10 minutes, make sure you keep an eye on it as it may burn. Cook until the mix starts to dry out and color slightly.

When cooked leave to cool, then break up into chunks. Will keep in an airtight container for a couple of weeks. Serve one portion with a good dollop of yogurt.