

reset retreat

Nourish Granola

- 200g oats (ideally jumbo)
- 60g smooth almond butter
- 60ml coconut oil
- 25ml maple syrup
- 60g nuts, broken into pieces (I used walnuts - good for your brain)
- Desiccated coconut (to taste)
- Seeds, I used pumpkin a few handfuls

Method

1. Melt the coconut oil, almond butter and maple syrup in a pan.
2. Add the oats and stir until completely coated
3. I use a liner on the air fryer – add oats to the air fryer using the back of a spoon to make an even layer, then sprinkle over the walnuts.
4. Cook in your airfryer at 160°C for 5 mins, stir then cook for a further 6 mins.
5. Empty into a large bowl / dish to cool and add desiccated coconut and seeds.

THRIVE FROM WITHIN