



Granola with coconut yoghurt



DIFFICULTY: MID



PREPARATION TIME: 30
MINUTES



COOKING TIME: 30
MINUTES, PLUS 12 HOURS
FOR THE YOGHURT



SERVES: 4

Ingredients

Granola

2 cups whole grain rolled oats
 ¾ cup coconut flakes
 ½ cup natural flaked almonds
 ¼ cup sunflower seeds
 ¼ cup linseed
 1 tsp ground ginger
 1 tsp ground cinnamon
 half cup maple syrup
 1 tbsp vegetable oil
 1 cup mixed dried fruits of your choice
 (currants, dried blueberries, dried
 raspberries etc)
 ½ cup buckinis
 ¼ cup puffed amaranth

Coconut yoghurt

2 x 400g tins coconut cream
 4 tbsp coconut yoghurt

Coconut yoghurt is available in health food
 stores and most supermarkets.

Method

Preheat oven to 160°C CircoTherm®.

Mix the oats, coconut, nuts and seeds, spices, syrup and oil in a large bowl.
 Spread mixture out on a large baking tray.

Bake in oven for about 25 minutes, stirring to redistribute after about 10
 minutes.

Remove from oven and cool on tray.

Mix together with your choice of dried fruits, buckinis and puffed amaranth.
 Store in airtight jar.

To make the coconut yoghurt, chill the coconut cream in the fridge
 overnight, to thicken it.

Carefully scoop out the thick cream from the top and reserve the thin liquid
 for another use.

Heat the coconut cream in a small saucepan and whisk until smooth.

Remove from heat and leave to cool until the temperature is 37°C (around
 body temperature).

Add the yoghurt and whisk until combined.

Heat oven to 40°C CircoTherm®.

Pour yoghurt into clean jars, place lids on top and place in oven for 12 hours
 or overnight.

Remove from oven and place in fridge to set and thicken for 6 hours.

To serve, scoop some yoghurt into a bowl, add granola, drizzle over extra
 maple syrup, fresh fruits and serve.

Notes

Photography by Steen Vestergaard. Styling by Caroline Velik. Food preparation by Caroline Velik.