

Buckwheat Vanilla Cinnamon Granola

Ingredients:

- 4 cups oats
- * 2 cups buckwheat (groats)
- $\frac{2}{3}$ cup coconut sugar
- $\frac{2}{3}$ cup liquid sweetener (honey, maple syrup, golden syrup etc.)
- $\frac{1}{2}$ cup coconut oil (melted)
- 1-2 tbsp cinnamon
- 1 tbsp vanilla essence

**feel free to swap the buckwheat groats out for nuts*

Method:

1. Preheat the oven to 160°C and line two baking trays with baking paper.
2. Combine all ingredients in a bowl and mix well.
3. Spread the mixture onto the two baking trays and place in the oven for 15-25 minutes.
4. Let it cool fully before breaking it up into little granola clusters.
5. This is the perfect snack or a great breakfast before online learning! For breakfast, I like to top my granola off with some fresh fruit, yoghurt and almond milk!

This granola tastes delicious! Once you start eating it, it's hard to stop! If you're looking for a delicious sweet treat or a new brekkie idea, this granola is perfect for you. It will keep you fuller for longer and will provide you with the energy you need to get through the day.