**Paleo Granola**

Serve with nut milk (coconut, almond, hazelnut etc.), COYO coconut milk yoghurt, or eat dry as preferred. Vary the ingredients according to taste. Store in an airtight container for 2 weeks. This is an excellent hearty breakfast which provides a sustained release of energy throughout the day, and helps you feel fuller for longer due to its high protein content.

Serves 8P

300g / 2 cups flaked almonds

300g / 2 cups unsweetened coconut flakes

150g / 1 cup nuts of your choice (I use chopped macadamia nuts and pecan nuts)

150g /1 cup pine nuts

150g / 1 cup pumpkin seeds

2 tbsp milled chia seeds (optional), or add 2 dessertspoons of ground flaxseeds after cooking: <http://www.hollandandbarrett.com/pages/product_detail.asp?pid=3636&prodid=4135>

1tbsp honey or Palmyra Jaggery

30g / 1/3 cup Extra Virgin Coconut Oil and 30g Kerrygold butter, both melted

1-2tbsp Vanilla Extract/Essence or Lemon Essence (please ensure these are sugar free – Taste The Difference at Sainsbury’s do pure extracts)

1. Preheat oven to 180°C (160C fan ovens). Line a large baking pan with parchment paper.

2. Mix nuts and seeds in a big bowl and mix well

3. Melt coconut oil/butter and honey on low heat and stir in the vanilla

4. Pour coconut oil mixture over nuts and seeds. Stir to coat. If too dry add a splash of water. Pour out onto prepared baking sheet and spread out evenly.

5. Bake for 20-30 minutes, until golden brown, turning every 5-1 minutes. Allow to cool then place in an airtight container until needed