



## Gorgeous Granola (Makes 1L glass jar)

Equipment: Mini chopper or food processor  
and medium sauce pot

Ingredients:

1 cup coconut chips

1.5 cup sweet potato (half of medium size)

- any kind is okay, such as golden, purple or white

3/4 cup nuts and seeds —roughly crushed in a mini chopper or food processor

(e.g. almond, macadamia, hazel, cashew, pecan, walnut, pepita, sunflower seeds, hemp seeds, sesame seeds)

1/3 cup dry fruits—chopped small (e.g. raisin, dry figs, date, apricot)

3-4 tablespoons coconut oil

1–1.5 tablespoon honey or maple syrup

1 teaspoon cinnamon



Pic 1



Pic 2



Directions:

- 1) Preheat oven to 160C.
- 2) Peel sweet potato roughly and chop finely in a mini chopper.
- 3) Melt coconut oil and honey in a pot on low heat.
- 4) Mix all ingredients in a pot.
- 5) Lay 4) onto the baking sheet patched tray. (See Pic 1)
- 6) Bake 5) for 30 minutes or until they are lightly brown. (See Pic 2)
- 7) Cool down completely before putting in a jar.
- 8) Serve with some fruits and coconut cream/yoghurt or kefir.

Storage:

Keep in a cool & dry place. Always use a dry clean spoon to serve.

It's also better to sterilize the jar by boiling or putting in the oven (100C) for 20 minutes or so.