

Golden Winter Crunch

Serves: 20

Prep: 15 mins

Cook: 20-25 mins



Dietary: VEG, EF, NF

Allergens: Wheat, Dairy

Age group: 12 months+

MindChamps®
early learning & preschool

Golden Winter Crunch



Nut-Free



Vegetarian



Egg-Free



Dairy-Free

Equipment

High-speed food processor

Ingredients

3 cups (330g) rolled oats
1 cup (150g) sunflower seeds
1 cup (150g) pepitas (pumpkin seeds)
½ cup (50g) shredded coconut (unsweetened)
¼ cup (50g) dried apricots, sulphur-free
2 tsp (4g) ground cinnamon
1 tsp (2g) ground ginger
½ tsp (1g) ground nutmeg
¼ tsp (0.5g) ground cloves
⅓ cup (80ml) coconut oil, melted
¼ cup (65g) apple puree (unsweetened)
2 tbsp (40ml) maple syrup (optional, for natural sweetness)
1 tsp (5ml) vanilla extract

Method

1. Preheat your oven to 160°C and line a large baking tray with baking paper.
2. Place rolled oats, sunflower seeds, pepitas, shredded coconut and diced apricots into a high-speed food processor and pulse for a few times until seeds, dried fruit and oats have broken down into smaller pieces.
3. In a large bowl, whisk together the melted coconut oil, apple puree, maple syrup (if using), and vanilla extract. Add the dry ingredients and mix thoroughly to coat.
4. Spread the granola mixture evenly on the prepared baking tray. Bake for 20-25 mins, stirring every 8-10 mins to ensure even toasting. The granola should turn golden brown and fragrant.
5. Remove the granola from the oven and let it cool completely on the tray. Once cooled, transfer to an airtight container and store at room temperature for up to 2 weeks.

Serving suggestion:

Serve with milk or yoghurt of choice and fresh seasonal fruit.

Storing Leftovers: Store in an airtight container/jar in the pantry for up to 2 weeks or in the fridge for up to 1 month or freeze for up to 4 months.

Tips

✓ Allergies:

For a gluten-free version: Swap oats with quinoa flakes.

✓ Easy ingredient swaps:

Swap apricots for dried fruit of choice. Swap apple puree for mashed banana or fruit puree of choice. Swap spices for spices of choice.