

GRANOLA BLISS BALLS

*vegan, dairy free,
gluten free*



INGREDIENTS

- 1/3 cup almond butter (or natural peanut butter)
- 1/4 cup maple syrup
- 2 cups rolled oats
- 1/4 cup slivered almonds
- 1/4 cup sunflower seeds
- 2 TBsp pumpkin seeds
- 2 TBsp black chia seeds
- 1/4 tsp cinnamon
- pinch of himalayan

METHOD

step 1

Preheat oven to 180C (300F)

step 2

In a jug, mix the almond butter and the maple syrup together.

step 3

In a separate bowl, mix the rest of the dry ingredients together.

step 4

Pour the almond butter and maple syrup mixture into the bowl with the dry ingredients and mix well.

step 5

Press the mixture into an oven dish, making sure to pat it down so it sticks together for those yummo chuns we all love in a good granola.

step 6

Bake for 20 mins in a moderate oven, then turn the granola over with a spatula (don't break it up too much) and bake for another 10 mins.

step 7

Let it cool on the bench before putting it in an airtight container.

