

# BANANA BREAD GRANOLA

**Makes 13 portions**

## NUTRITIONAL INFORMATION:

Gluten Free\*, Dairy Free, Vegan



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Kcal: **256**

Protein: **4.5g**

Carbohydrate: **28g**

Fat: **14g**



## INGREDIENTS

- 270g Porridge Oats\*
- 50g Walnuts, chopped
- 90g Pecan nuts, chopped
- 1 tbsp Chia Seeds
- 50g Sugar
- 60ml Coconut Oil, melted
- 95ml Maple Syrup
- 2 Small Bananas, mashed well
- 2 tsp Ground Cinnamon
- Generous pinch of Salt
- \*use gluten free if required

**COOKING TIME: 70 minutes**

## METHOD:

1. Preheat the oven to 150c (130 fan), 300f, gas mark 2. Line 2 baking sheets with greaseproof paper.
2. In a large bowl mix together the oats, cinnamon, sugar, salt, chia seeds & nuts.
3. In another bowl mix together the bananas, melted coconut oil & maple syrup. Pour these wet ingredients into the dry oat mixture. Stir well until everything is thoroughly combined.
4. Spread the mixture out onto the two baking sheets & bake in the oven 30 minutes. Then remove the sheets from the oven, break up the granola & turn over the pieces before returning to the oven for 35-45 minutes until the granola is golden-dark brown. Set the granola aside to cool completely & store in airtight jars for up to 2 weeks.
5. One serving is 50g per person.

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