

Turmeric and cardamom granola with fresh mango lassi yogurt

PREP TIME

10 mins

COOK TIME

1 h

SERVES

Lassi serves 2

We often repeat the same breakfast each morning, body and brain on autopilot. Sometimes it's good to mix it up. This granola uses just seeds and nuts - no oats or grains - and is held together with coconut oil and maple syrup. It's a great base recipe - add whatever needs using up from the store cupboard; pecans, chia or hemp can go into the mix before roasting; dates, raisins, apricots and prunes can be chopped and mixed through after the granola is out of the oven. The lassi yogurt recipe makes enough for two people, as it is best made fresh. Add more lime if you like it tart or honey to sweeten it.

Ingredients

Granola (makes 900g)

450g / 15 oz nuts (almonds, hazelnuts, brazil nuts, pistachio), roughly chopped, leave a handful of almonds whole
150g / 5 oz pumpkin seeds
100g / 3.5 oz quinoa
50g / 1.35 oz linseeds
3 tbsp poppy seeds
50g / 1.7 oz coconut flakes
60ml / 2.1 fl oz maple syrup
50ml / 1.7 fl oz coconut oil, melted
1 tsp vanilla extract
1 tsp ground turmeric
small pinch round cloves
½ tsp ground cinnamon
seeds from 20 cardamom pods, crushed in a pestle and mortar (or ½ tsp ground cardamom)

For the lassi yogurt

1 alphonso mango (or the ripest mango you can find)
100ml / 3.5 fl oz Greek yogurt
juice of a lime
1 tsp honey, if required
pinch of cinnamon, to garnish

To serve

mint leaves and blueberries
picked herbs and sumac

1. Pre-heat the oven to 140°C/fan 120°C/gas 1.

2. Put the nuts, seeds and coconut in a large mixing bowl with the maple syrup, coconut oil, vanilla, turmeric, cloves, cinnamon and cardamom. Season with a pinch of sea salt if you like and stir well to mix thoroughly all the ingredients.

3. Spread the mix out across a few baking sheets in thin layers. Bake in the oven for an hour, stirring the granola every 15 minutes (especially at the edges), and swapping the trays around in the oven. The granola should be well toasted and golden.

4. Cool and store in an airtight container until needed.

5. To make the lassi, blitz the mango flesh, discarding the stone and skin, in a food processor. Add the yogurt, lime juice and honey to taste and blitz briefly to combine. The mango can also be stirred through the yogurt for a ripple effect. Top the lassi with the granola and a sprinkling of cinnamon, blueberries and mint leaves.