



High Protein Granola Recipe

Ingredients

Flaxseed meal	15
Water	60
Coconut oil	180
Raw honey	180
Vanilla	15
Rolled oats	845
Coconut flakes	120
Salt	
Pecans	270
Pumpkin seeds	210
Apricots	96
Lupine flakes (LFLW)	280

Method

1. Blend flaxseed and water; set aside to thicken.
2. Weigh all wet ingredients and add flaxseed mix.
3. Weigh all dry ingredient into big bowl.
4. Add wet ingredients and mix well to coat.
5. Bake at 180°C for approx. 20-25 minutes until light golden brown, stirring halfway through.



High Protein Pecan Granola

NUTRITION INFORMATION		
Servings per package:	10	
Serving size:	50 g	
	Av/serve	Av/100g
Energy	960 kJ	1920 kJ
Protein	6.6 g	13.2 g
Fat, total	13.9 g	27.8 g
- saturated	5.8 g	11.7 g
Carbohydrate	17 g	34 g
- sugars	4.9 g	9.8 g
Sodium	4 mg	8 mg

Standard Pecan Granola

NUTRITION INFORMATION		
Servings per package:	10	
Serving size:	50 g	
	Av/serve	Av/100g
Energy	983 kJ	1970 kJ
Protein	4.8 g	9.6 g
Fat, total	14.4 g	28.8 g
- saturated	5.9 g	11.8 g
Carbohydrate	19.8 g	39.5 g
- sugars	4.7 g	9.3 g
Sodium	5 mg	9 mg