

BREAKFAST

GRANOLA



SHOPPING LIST:

- 210g oats
- 40g almonds
- 60g walnuts
- 45g chia seeds
- 3 egg whites
- ½ tsp salt

COSTING: *21.8p per portion

NUTRITIONAL INFORMATION:

Calories: 173kcal |
Carbohydrates: 14g | Sugar 0.5g | Fat: 4.3g | Saturated fat: 2g | Protein 6.1g | Salt: 0.29g | Fibre: 4.3g

This recipe is a good source of omega 3. This type of fat is essential for a healthy brain and helps improve our memory, thinking, and reaction time.

Preparation time:

10 mins







Cook time:

60 mins

Servings:

10

DIRECTIONS:

		
1. Weight out your ingredients.	2. If your nuts are whole, crush them to your desired consistency. You can do this by placing in a food bag or smash-proof dish and hitting with a rolling pin.	3. Separate your eggs into whites and yolks and whisk the whites in a bowl until stiff peaks form. This takes a couple of minutes with an electric whisk.
		
4. Fold the rest of your ingredients into your egg whites.	5. Lightly grease a large baking tray, or line with non-stick paper. Spread your granola mixture evenly on the tray.	6. Cook at ... for 60 minutes or until golden and crunchy, stirring every 20 minutes. Store in airtight container for up to two weeks. Serve with milk or yoghurt for a delicious breakfast.

*average supermarket pricing as of March 2021