



Try this easy way to make your own granola. This recipe includes two dates for just a hint of sweetness but you could leave them out if you prefer. Store the granola out of sight; if I leave it out it gets eaten within a day – it is so moreish! Turmeric is a powerful anti-inflammatory and the black pepper and the fat in the nuts help it to be absorbed by your body. We use almonds, pecans, and pistachio for the nuts and a mixture of pumpkin, sunflower and sesame seeds.

Makes 18 servings, approx 450g



Ingredients

- 2 Medjool dates, stoned and finely chopped
- 2 tablespoons boiling water
- 300g mixed nuts
- 60g mixed seeds
- 2 tablespoons flaxseed (optional)
- 25g desiccated coconut
- 2 teaspoons vanilla extract
- 50g unsalted butter or coconut oil
- 2 teaspoons ground cinnamon
- 1 teaspoon ground turmeric (optional)
- ½ teaspoon freshly ground black pepper (optional)



Method

1. Pre heat the oven to 200°C/fan 180°C. Line a baking tray with baking parchment.
2. Put the dates into a large mixing bowl and add the boiling water. Use a fork to mash them to a thick pulp. Add the remaining ingredients and mix thoroughly. Spread the mixture onto the lined baking tray and bake for 10-12 minutes until lightly browned. Remove from the oven and set to cool. Store in an airtight container for up to 2 weeks.