

Maple and Buckwheat Granola



Savor the natural goodness of our Maple Buckwheat Granola recipe. A delightful blend of maple sweetness and nutty buckwheat, creating a wholesome and irresistible breakfast treat. Start your day right!

Preparation 10 min

Cooking 25 min

Servings 12

Nutrition Facts (per serving)

Calories 140

Fat 7

Carbohydrates 19

Fibre 3

Protein 4

Sodium 40

Ingredients

- 375 ml (1 ½ cups) old-fashioned oat flakes (large flakes, choose certified gluten-free if necessary)
- 125 ml (½ cup) roasted buckwheat (kasha, see note)
- 125 ml (½ cup) mixed nuts of your choice, coarsely crushed (we used pecans and cashews in this version)
- 80 ml (? cup) maple syrup
- 60 ml (¼ cup) ground flax seeds
- 45 ml (3 tbsp) chia seeds

- 45 ml (3 tbsp) crunchy peanut butter, natural
- 5 ml (1 tsp) ground cinnamon
- 1 pinch of salt
- 80 ml (? cup) dried cranberries, halved

Note: If you don't have kasha, simply dry-roast the white buckwheat grains in a pan over medium-high heat, without adding any fat, until the grains are well toasted.

For a low FODMAP version, avoid cashews, pistachios and the dried cranberries from the recipe.

Preparation

1. Preheat the oven to 325°F (160°C).
2. In a large bowl, mix all ingredients (except cranberries) until well mixed.
3. Spread mixture evenly on a non-stick baking sheet.
4. Bake for 25 to 30 minutes or until nuts are toasted, stirring granola once or twice during cooking.
5. Remove from the oven, add cranberries and cool before serving.

Notes

Can be stored up to one month in an airtight container at room temperature.



Carol-Ann Robert – Nutritionniste Diététiste à Halifax | Directrice marketing
Registered Dietitian Nutritionist in Halifax