

Sprouted Quinoa & Oats Granola



By Akshayapaatram

Prep time: 1 day ahead

Cook time: 40 mins

Servings - makes ~6 cups

Ingredients:

- 3 cups - Old Fashioned, Rolled Oats
- 1 cup - Quinoa
- 1/2 cup -each of Almonds, Pecans coarsely chopped
- 1/3 cup each Cranberries, Raisins, coarsely chopped
- 2 Tbsp - Crystallized ginger, finely diced
- 2 Tbsp - Flax seeds
- 1 Tbsp - Orange Zest
- 3 Tbsp - Butter
- 2 Tbsp - Oil, Honey, Pomegranate molasses (or other)
- 1 tsp - Vanilla extract
- A pinch of salt if using unsalted butter

Method:

1. Approx 8-10 hours ahead - Thoroughly rinse quinoa and set to soak for 20-30mins (can be left overnight). Drain water and spread the seeds on a clean kitchen towel. Cover and keep away from direct sun light for up to 8 hrs. When you see tiny sprouts they are ready to use, you can begin checking after 4-5 hrs. If you don't see any sprouts after 8 hrs then rinse, drain and repeat the process of spreading them out for another 8 hours.
2. When ready to make granola, Pre-heat oven to 325F
3. In a huge microwave safe bowl, combine butter & oil, microwave for 45-60secs. Add honey, pomegranate molasses, and vanilla extract to melted butter and whisk together. Add the dry ingredients (excluding dry fruits and orange zest) and mix together coating them with some of the wet mixture.
4. Spread the mix evenly on a baking sheet lined with parchment and place in the center rack of the oven. Bake for 30-40 minutes, flipping it every 10mins. Once you begin smelling the toasted nuts and oats check to see if they've turned a light brownish hue.

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5. Remove pan from oven and sprinkle chopped dried fruits, finely grated orange zest and combine. The oats may not be crunchy right out of the oven, let them cool a bit to dry out and get deliciously crunchy.
6. Store in a clean and dry air tight container on the counter for up to 2 weeks or move to the refrigerator for longer shelf life.

Note: This recipe makes a mildly sweet granola leaning on dried fruit for sweetness.

Pomegranate molasses also adds sweetness and a mellow tartness to the granola. On its own pom molasses is extremely tart, making you pucker.

If I want chunks of granola I pulse about 1/2 cup oats or add almond meal and pack the granola mix in the baking sheet before it goes in the oven. Being extremely gentle when flipping ensures that the chunks hold up.

Millet can also be sprouted and used here but it takes longer to sprout compared to quinoa so plan ahead.

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