## Healthy Chunky Chocolate Granola

Cook Time: 60 min prep Time: 10 min Ingredients:

total Time: 70 min

servings: 5-6

3 cups (300g) rolled oats
1 cup (85g) almonds falkes
1/2 cup (35g) coconut flakes
1/2 cup (80g) seeds (hemp, sunflower, pumpkin)
3-4 tablespoons cacao powder
2 tablespoons cacao nibs (optional)
1 teaspoon cinnamon
1 cup (240ml) freshly squeezed orange juice (or water)
2/3 cup (120g) coconut sugar
1/4 cup maple syrup
1/4 cup coconut oil
1 teaspoon orange zest (optional)
1 teaspoon vanilla extract
1/2 teaspoon salt

## Instructions:

1. Pre-heat the oven to 325F or 160C.

2. In a large bowl mix together the oats, almonds, coconut flakes, seeds, cacao powder, cacao nibs and cinnamon.

3. In a small saucepan, add the remaining 1/2 cup oats and orange juice. Simmer for 5-7minutes until creamy, stirring frequently. Add the sugar, maple syrup, coconut oil, orange zest if using, vanilla and salt. Stir for about 1 minute until the sugar dissolves and everything is nicely combined.

4. Remove the saucepan from the heat and pour over the dry mixture, stirring to incorporate. Once it s cool enough to use your hands, get in their to make sure the wet mixture has been mixed well.

5. Transfer the mixture to a large baking sheet (no need to line it), and spread it out as evenly as possible. It will be approximately 0.5cm thick and about 28cm width x 38cm length. Try to keep the edges slightly thicker than the middle.

6. Bake for 30 minutes. Take it out and using a metal spatula flip the outer edges all around as they bake faster. About 5 cm in. Return to the oven to bake for 15 minutes. Take it out again this time flipping all the granola over as best you can. Return to the oven for 10-15 minutes longer until the chunks start to crisp up and turn a dark brown.

7. Let cool completely on the baking sheet before breaking into chunks and storing in an airtight container.