

heute gibt es...

Pumpkin Spice Granola



Ingredients(About 6 servings)

- 200g Hokkaido pumpkin
- 70g almonds
- 70g walnuts
- 280g Emmer flakes or oatmeal
- 40g Amaranthpops
- 140g brown sugar
- 3 ½ teaspoon Pumpkin Spice seasoning or the following ingredients:
 - 2 teaspoons cinnamon
 - 1 teaspoon gem. ginger
 - ½ tsp gem. cloves
 - 1 pinch gem. nutmeg
- 40ml rapeseed oil
- 80ml maple syrup

Preparation:

1. Wash the Hokkaido pumpkin, unpeeled cut into cubes and cook with 4 tablespoons of water over low heat in a covered pot for about 20 minutes. Once you can purely pierce the pieces with a fork, mash them with a hand blender and let cool the Kürbismus.
2. Preheat the oven to 160 ° C (fan) Preheat.
3. In the meantime coarsely chop the almonds and walnuts and mix with the other dry ingredients in a bowl.
4. The wet ingredients add and mix everything together until a wet mass.
5. spread the mixture on a lined baking tray and dry in the preheated oven for about 30-40 minutes. Stir every 10 minutes, so that the granola can dry evenly.
6. Once the finished granola is dry, it can be stored in an airtight container is closed for several weeks.

