

FAILSAFE Granola



Serves	6
Prep time	10 minutes
Cook time	3 hours, 10 minutes
Total time	3 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast
Misc	Pre-preparable , Serve Cold

Ingredients

- 1/4 cup rice bran oil
- 1/4 cup pure maple syrup
- 1/8 teaspoon salt
- 2 cups rolled oats
- 1/2 cup quinoa flakes
- 1/2 cup puffed quinoa

Optional

- 1 teaspoon carob syrup (See note below.)

Directions

1. Preheat the oven to 150°C and line a baking tray with baking paper.
2. Combine the oats, quinoa flakes and puffed quinoa in a large bowl.
3. In a separate bowl combine all the other ingredients, then pour over the oat mixture.
4. Stir to completely coat the oats and quinoa.
5. Spread the mixture in a thin layer over the baking tray.
6. Bake for 10 minutes then turn off the oven (don't open the door) and leave the tray in the oven for 2 to 3 hours or overnight.
7. Remove from the oven and stir to break up any large clumps. Store in an airtight container.
8. Serve with milk / milk alternative or yogurt, and any allowed fruit.



Note

Low Chemical / FAILSAFE

Carob syrup can be purchased, but it is also quite easy to [make your own](#).

Use this recipe as a base and add in other cereals or grains (e.g. puffed rice, amaranth), nuts and seeds (if allowed).