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<recipe id="SUPFOO016QUIBUC">
    <head>Quinoa &#38; Buckwheat GRANOLA</head>
    <intro id="SUPFOO016QUIBUC_001">
        <p>This great-for-you granola is excellent served with nut milk and fresh fruit, but
            enjoy it, too, sprinkled on top of a smoothie bowl or eaten as a homemade trail
            mix during the day.</p>
    </intro>
    <note id="SUPFOO016QUIBUC_002" type="yield">
        <p>
            <hi rend="b">MAKES 1KG
                (2<fraction><numerator>1</numerator><separator>/
                </separator><denominator>4</denominator></fraction>LB)/10
                SERVINGS</hi>
        </p>
    </note>
    <ingredientlist id="SUPFOO016QUIBUC_003">
        <ingredient id="SUPFOO016QUIBUC_004">150g
            (5<fraction><numerator>1</numerator><separator>/
            </separator><denominator>2</denominator></fraction>oz)
            raw quinoa</ingredient>
        <ingredient id="SUPFOO016QUIBUC_005">115g (4oz) rolled oats</ingredient>
        <ingredient id="SUPFOO016QUIBUC_006">125g
            (4<fraction><numerator>1</numerator><separator>/
            </separator><denominator>2</denominator></fraction>oz)
            buckwheat groats</ingredient>
        <ingredient id="SUPFOO016QUIBUC_007">85g (3oz) sunflower seeds
        </ingredient>
        <ingredient id="SUPFOO016QUIBUC_008">85g (3oz) pumpkin seeds</ingredient>
        <ingredient id="SUPFOO016QUIBUC_009">85g (3oz) chia seeds</ingredient>
        <ingredient id="SUPFOO016QUIBUC_010">60g (2oz) desiccated coconut
        </ingredient>
        <ingredient id="SUPFOO016QUIBUC_011">100g
            (3<fraction><numerator>1</numerator><separator>/
            </separator><denominator>2</denominator></fraction>oz)
            walnut pieces</ingredient>
        <ingredient id="SUPFOO016QUIBUC_012">1 tbsp ground cinnamon</ingredient>
        <ingredient id="SUPFOO016QUIBUC_013">100ml
            (3<fraction><numerator>1</numerator><separator>/
            </separator><denominator>2</denominator></fraction>fl
            oz) maple syrup</ingredient>
        <ingredient id="SUPFOO016QUIBUC_014">60g (2oz) coconut oil</ingredient>
        <ingredient id="SUPFOO016QUIBUC_015">2 tsp vanilla extract</ingredient>
        <ingredient id="SUPFOO016QUIBUC_016">100g
            (3<fraction><numerator>1</numerator><separator>/
            </separator><denominator>2</denominator></fraction>oz)
            raisins</ingredient>
        <ingredient id="SUPFOO016QUIBUC_017">50g
            (1<fraction><numerator>3</numerator><separator>/
            </separator><denominator>4</denominator></fraction>oz)
            dried apricots, finely chopped</ingredient>
        <ingredient id="SUPFOO016QUIBUC_018">nut milk, to serve</ingredient>
    </ingredientlist>
    <stepbystep id="SUPFOO016QUIBUC_019">
        <step id="SUPFOO016QUIBUC_020" sequence="1">
            <p>Preheat the oven to 160&#176;C (325&#176;F/Gas 3). Line 2&#8211;
            3 large
                baking trays with baking parchment.</p>
        </step>
        <step id="SUPFOO016QUIBUC_021" sequence="2">
            <p>Put the quinoa in a sieve and rinse under cold running water.
            Put in a pan
                with 500ml (16fl oz) water. Bring to the boil, cover, and
                simmer for 12
                minutes or until al dente.</p>
        </step>
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                <step id="SUPFOO016QUIBUC_022" sequence="3">
                    <p>Strain and transfer to a mixing bowl. Add the oats, buckwheat, seeds,
                        coconut, walnuts, and cinnamon.</p>
                </step>
                <step id="SUPFOO016QUIBUC_023" sequence="4">
                    <p>In a small pan, gently heat the syrup, oil, and vanilla until combined. Stir
                        into the quinoa mixture and leave to soak for 10 minutes.</p>
                </step>
                <step id="SUPFOO016QUIBUC_024" sequence="5">
                    <p>Spread out 1cm
                                (<fraction><numerator>1</numerator><separator>/
                                </separator><denominator>2</denominator></fraction>in)
                        thick on the trays. Bake for 20 minutes, then stir. Turn the oven down to
                        140&#176;C (275&#176;F/Gas 1) and bake for 20 minutes, then stir. Cook for
                        20 minutes more.</p>
                </step>
                <step id="SUPFOO016QUIBUC_025" sequence="6">
                    <p>Combine the raisins and apricots and divide equally between the trays. Leave
                        to cool completely before transferring to an airtight container, or
                        serving.</p>
                </step>
            </stepbystep>
            <section id="SUPFOO016QUIBUC_026" type="nutritional_information">
                <p><inlinehead>Per serving:</inlinehead>
                    <hi rend="b">Calories</hi> 495 &#8226; <hi rend="b">Fat</hi> 29.1g &#8226; <hi
                        rend="b">Carbohydrates</hi> 49.1g &#8226; <hi rend="b">Sugar</hi> 18.1g <hi
                        rend="b">Sodium</hi> 23mg &#8226; <hi rend="b">Fibre</hi> 8.1g &#8226; <hi
                        rend="b">Protein</hi> 11.7g &#8226; <hi rend="b">Cholesterol</hi> 0mg</p>
            </section>
            <section id="SUPFOO016QUIBUC_027" type="optional_supplementary_text">
                <head>Super tip</head>
                <p>The granola will keep in an airtight container for up to a month.</p>
            </section>
            <illustration id="SUPFOO016QUIBUC_028" usage="print">
                <image src="supfoo016quibuc_028.jpg"/>
            </illustration>
        </recipe>
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