



FRESH AS°

EVERYDAY GOURMET RECIPE

Fresh As° Granola

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Ingredients

Pumpkin Seeds	100g
Sunflower Seeds	100g
Almonds	60g
Hazelnuts	60g
Pecans	60g
Pistachios	50g
Whole Oats	250g
Cacao Nibs	50g
Golden Sultanas	180g
Dried Cranberries	180g
Maple Syrup	150g
Coconut Oil	50g
Fresh As° Raspberry Powder	1 packet
Fresh As° Raspberry Whole	1 packet

- Coarsely chop nuts.
- Roast seeds and nuts at 180°C for 12 minutes.
- Remove from the oven and place in a bowl with the oats.
- Add the coconut oil and maple syrup to a pot and bring to a rolling boil. Remove from heat.
- Pour the maple/oil mixture over the nut/seed mixture and stir until well combined.
- Add the cranberries and sultanas, then bake in the oven for 10 minutes at 180°C (until golden).
- Remove from the oven and cool slightly.
- Sprinkle over the raspberry powder and combine well. Fold in the whole raspberries.

Yoghurt Espuma

Ingredients

Plain Yoghurt	900g
Full Cream	100g
Maple Syrup	50g
Sugar	50g
Fresh As° Raspberry Powder	20g

- Combine all ingredients in a bowl.
- Pour into a cream whipper, charge and shake.

Mixture will keep 4-5 days in the refrigerator.

To Serve

Spoon granola into a bowl and top with yoghurt espuma.

Variations

- Fresh As° Passionfruit Powder with Fresh As° Mango Pieces.
- Fresh As° Plum Powder with Fresh As° Plum Slice.

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