**Buckwheat and Oat Granola**



1 Cup (200g) Raw Buckwheat

2 cups Oats

1 Cup (160g) of Raw Almonds

½ cup Pumpkin Seeds

½ Cup Mixed Seeds (Flax Seeds, Sunflower Seeds, Sesame Seeds, Chia Seeds)

½ cup Dried Cranberries or Goji Berries

½ cup Medjool Dates, roughly chopped (About 4)

1 Tsp Cinnamon

2 Tbsp Maple Syrup

1 Tbsp Melted Coconut Oil

1 Tbsp Peanut Butter (optional)

**Method**

* Heat the oven to 150 C.
* Mix the buckwheat, oats, almonds, seeds and cinnamon together in a bowl.
* Melt the coconut oil with the peanut butter and maple syrup in a small saucepan.
* Pour over the oat and buckwheat mixture and stir.
* Place in two baking trays lined with greaseproof paper.
* Bake, stirring occasionally, for about 30 minutes or until lightly golden.
* Take out to cool and add chopped Medjool dates and Goji berries or some dried apricot

Buckwheat is actually a seed and is high in Protein and Fibre – it is also high in Magnesium to support bone health. it is also great source of Rutin which strengthens capillaries and veins.