

For more great recipes visit bio-oz.com.au

Bio-Oz Buckwheat Granola (Gluten free)

Ingredients	Instructions
2/3 cup Bio-Oz buckwheat kernels	Combine buckwheat kernels and honey in small saucepan and cook on medium heat for about 2 minutes, constantly stirring.
1/2 cup coconut flakes	
1/4 cup sesame seeds	Add coconut, sesame seeds and macadamias. Continue stirring on heat for another 2 minutes, and take off heat. Add mixed fruit and combine. Allow to cool.
1 1/2 cups mixed dried fruit	
100g macadamias	
4 tsp honey	Store in an airtight container.

SHOP ONLINE NOW

Available in Australia only

ABN 30 232 255 077 ACN 002 786 683 Phone (02) 6862 5954 | Fax (02) 6862 3580 1 Billy Mac Place, (PO Box 255) PARKES NSW 2870 email: bio-oz@bigpond.net.au | www.bio-oz.com.au

