



Gasmate®

BREAKFAST **GRANOLA**

This is great to have on hand for an easy, quick and no fuss healthy breakfast. It can be made beforehand and packed in an airtight container or make it on your holiday. This is a great every day pantry item as well!



Camping
Stove

Makes enough to fill
an 850L container
Prep Time 15 Minutes

1 cup	Mixed nuts chopped roughly
½ cup	Rolled oats
½ cup	Sunflower seeds
½ cup	Pumpkin seeds
¾ cup	Shredded coconut
½ cup	Sultanas
½ cup	Chia seeds
1 tbs	Ground cinnamon
½ cup	Honey

1. Spray a large frypan with olive oil and heat frypan on medium-high heat.
2. Add all dry ingredients to frypan and mix to combine.
3. Drizzle honey over dry ingredients and stir through the mixture.
4. Stir mixture as it cooks keeping the ingredients loose for approximately 15 minutes or until golden brown.
5. Pour granola onto a sheet of baking paper to cool down and then transfer to an airtight container.
 - Serve with fresh or frozen berries and your favorite yogurt.
 - For Keto/no carbohydrates version remove rolled oats.

THE OUTDOORS MADE EASY.