



Granola Gluten Free

Ingredients:

- 2 cups rice flour (or 1 cup rice flour and 1 cup gluten free oats)
- 1 1/2 cups whole buckwheat (soaked for 1-4 hours)
- 1/2 cup dates (chopped)
- 1/4 cup chopped almonds
- 1 cup coconut flakes
- 1/4 cup chopped macadamias
- 1/4 cup chopped walnuts
- 3/4 cup pineapple juice
- 1/2 cup coconut cream/milk
- 1/3 cup water
- 1-1/2 teaspoons salt

Place in a bowl all dry ingredients. Blend all liquid ingredients in a blender and add to dry ingredients. Bake at 110C for 3 hours or until dry and lightly brown.