



## GRANOLA

Preheat the oven to 120°C. Mix the cereals and seeds in a baking tray. Melt butter and honey, and pour over the other ingredients; mix well. Bake for about 2 hours while checking and stirring constantly because it burns easily. Leave to cool and store in an airtight container. Serve with yoghurt and raspberry coulis.

Makes 1 kg breakfast cereal

300 g All-Bran Flakes  
300 g Corn Flakes  
300 g Rice Krispies  
135 g pumpkin seeds  
150 g sesame seeds  
150 g sunflower seeds  
170 g linseeds  
150 g poppy seeds  
500 g butter  
500 g honey

## RASPBERRY COULIS

In a saucepan, combine raspberries, sugar, vanilla seeds, vanilla pod and water. Bring to a simmer and cook until the raspberries have broken down and the liquid has reduced by a third. Allow the mixture to cool before blending it in an electric blender, and strain through a fine sieve before serving. The coulis will keep in the fridge for up to 4 days.

Serves 6

2 punnets fresh raspberries  
100 g white sugar  
1 vanilla pod, split and seeds scraped out  
150 ml water

## QUINOA PORRIDGE

Boil quinoa in water or milk for about 5 minutes or until cooked but still pops when eaten. Strain the liquid off the quinoa and place to one side. Toast nuts and seeds in a dry pan, and add them to the quinoa with the goji berries. Serve warm in a bowl topped with fresh berries and milk on the side.

Serves 2

100 g red quinoa  
100 g white quinoa  
500 ml water or milk  
handful of cashew nuts  
handful of sunflower seeds  
handful of pumpkin seeds  
handful of dried goji berries, rehydrated in hot water  
handful of fresh berries  
milk, to serve