

SPICED BANANA GRANOLA

Adapted from recipe by Anthea Cheng



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This granola is one of my favourite breakfast toppings and snacks. It tastes just like banana bread but with a crunch! My partner can't stop eating it :)

Add a spiced crunch to your breakfast or dessert - try this granola over pancakes or on top of banana nice cream.

Ingredients

- 2 ripe bananas, peeled
- 3 cups rolled oats (or buckwheat if gluten free)
- 1 cup buckwheat
- ½ cup walnuts, roughly chopped
- 1 tbsp ground cinnamon
- 2 tbsp maple syrup
- 1 tsp ground nutmeg
- 1 tsp vanilla extract
- ½ cup raisins

PREP TIME: 5 MINS

COOK TIME: 20 MINS

TOTAL TIME: 25 MINS

SERVES: 6

Directions

1. Preheat the oven to 160°C.
2. In a large mixing bowl, mash the bananas with a fork.
3. Add the rest of the ingredients to the bowl and mix until very well combined.
4. Spread the granola over two lined baking trays.
5. Bake the granola for 20 minutes, or until golden brown. Mix the granola 10-15 minutes into the baking time to prevent the edges from burning.
6. Allow the granola to cool on the baking tray then add the raisins.
7. Serve with plant milk or sprinkle on top of smoothies, banana nice cream or pancakes. The granola can be stored in an airtight container for up to 2 weeks.

Note: For a nut-free option, remove walnuts and double the raisins.

Anthea Cheng (BArtTh, BA Hons, GradDip Govt) is a vegan food blogger, chef, and published author with a background in humanitarian policy. These days, she runs her blog [Rainbow Nourishments](#) where she shares wholesome and indulgent plant-based recipes.

