

Miele

Granola and yoghurt

By Miele

5 minutes

Preparation Time

6 hours

Cooking Time

6 serves

Serves



INGREDIENTS

Granola

55 g (? cup) slivered almonds
50 g (? cup) walnuts, chopped
50 g (? cup) pistachios, chopped
80 g (½ cup) pumpkin seeds
1½ tbsp sesame seeds
1½ tbsp flaxseeds
60 g (? cup) dried apricots, chopped
40 g (¼ cup) currants
55 g (? cup) dried dates, chopped
55 g (? cup) dried figs, chopped
240 g (3 cups) oats
35 g (½ cup) shaved coconut
1 orange, zested
150 g honey
1 tsp ground cinnamon
Pinch salt flakes

Yoghurt

1 litre (4 cups) UHT milk
2-3 tbsp yoghurt with live probiotic

METHOD

Granola

1. Preheat oven on Fan Plus at 160°C.
2. In a medium bowl, combine nuts, seeds, dried fruit, oats, coconut, orange zest and mix well.
3. Using a small saucepan on medium-low heat, induction setting 4, heat the honey, cinnamon and salt until it is a pourable consistency.
4. Pour the honey over the dry mixture and stir until evenly coated.
5. Spread the mixture evenly on a baking tray. Place on shelf level 2 and bake for 20-25 minutes, or until golden. Stir every 5-10 minutes to prevent the honey from burning.
6. Allow to cool and firm up on the bench before crumbling up and place into containers.

Yoghurt

1. Pour the milk into a glass bowl or jar. Add the yoghurt, making sure not to mix through evenly, just drop it into the milk.
2. Close the lid on the jar, or cover the bowl tightly with cling wrap.
3. Place in the steam oven and Steam at 40°C for 6-10 hours. The longer you steam the yoghurt, the more tart and thick it will become.
4. Allow the yoghurt to set in the refrigerator until ready to use.

Hints and tips

- The granola will keep for up to a month.
- The yoghurt will keep for up to 3 weeks.
- Keep 2-3 tablespoons of the yoghurt in the refrigerator to make the next batch of yoghurt.