



Bron: [Amanprana.eu](https://amanprana.eu) | Chef: 2 | Foto: Sandra Maes | ©2

Pumpkin spice granola with quinoa and pumpkin

Ingrediënten

For the puree:

- 1/4 Pumpkin, peeled and cut into small cubes
- 1 Apples
- 2 Oranges, the juice of
- 1 tsp Cinnamon
- 4 tsp Mixed spice (cinnamon, nutmeg, cloves, ginger, cardamom and white pepper)
- 1/8 tsp Cayenne pepper
- Pinch of fleur de sel (Amanprana Khoisan fleur de sel)

For the mix:

- 270 gr Gluten-free oatmeal, soaked and drained
- 80 gr White quinoa, sprouted (if you can't find any, see how to make it above)
- 150 gr Raisins
- 35 gr Linseed, soaked in 120 ml water
- 2 tbsp Pumpkin seeds
- 130 gr Pecan nuts
- 2 tbsp Coconut oil, melted (Amanprana extra virgin coconut oil)

Extra info

Recept geschikt voor:

4 porties

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

30 minuten

Totale bereiding:

30 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van pumpkin spice granola with quinoa and pumpkin

Bereiding

Place all the puree ingredients in a blender and blend until well ground. Set aside. Place the gluten-free oatmeal in a blender, grind and place in a large mixing bowl. Add the white quinoa, linseed, pumpkin seeds and the pecan nuts and mix well. Add the prepared puree and mix again. Leave to rest for 30 minutes, then spread out over two baking trays and place in the food dehydrator. It will be dry in 12-16 hours at a temperature of 46 °C. Leave to cool, and it's ready to eat!

Speciale wensen

- [Raw food](#)
- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)