



THOUGHTFUL COOKING WITH TINA

Low Carb Granola with Scandinavian Spice Mix

SERVES 12 TO 14 • 2 HRS 30 MIN

A low-carb granola of crunchy nut and seed clusters with a caramel-like lucuma binder, lifted by Scandinavian spices and orange zest.

INGREDIENTS

DRY INGREDIENTS

100g almonds, roughly chopped
80g pecans, roughly chopped
70g cashews, roughly chopped
50g Brazil nuts, roughly chopped
50g pistachios, roughly chopped
60g pumpkin seeds
50g sunflower seeds
40g whole flaxseeds
45g jumbo rolled oats (optional – omit for stricter low carb)
60g coconut flakes
30–40g cacao nibs
½ tsp fine sea salt
40–50g dried pumpkin or squash shavings

SPICE MIX

2 tsp ground cinnamon
¾ tsp ground cardamom
½ tsp ground cloves
¼ tsp ground nutmeg
Zest of 1 orange
½ tsp cayenne pepper (optional)

BINDER

2 tbsp organic lucuma powder
3 tbsp extra virgin olive oil
150–180 ml unsweetened almond or coconut milk, lukewarm
1 tsp Madagascan vanilla extract (optional)
2–3 drops monk fruit or stevia (optional)

ALLERGENS

Nuts

METHOD

1. Use a vegetable peeler to shave thin ribbons of pumpkin or butternut squash. Spread them out on a lined tray and bake at 90–100°C for 1–1½ hours, until completely dry and crisp. Cool and store in an airtight jar until ready to use.
2. Preheat oven to 100°C fan and line another large baking tray with parchment paper.
3. In a large bowl, combine the dry ingredients and spice mix.
4. In a jug, combine the olive oil, lucuma, and vanilla beans if using. Mix well with a whisk or hand blender and start pouring the lukewarm milk slowly while the hand blender is still on (or use the whisk — it will take a bit more effort) until it's smooth and glossy, adjusting the milk quantity until it reaches a caramel-like consistency.
5. Pour the binder over the dry mixture and stir until evenly coated. Spread onto the tray and press down lightly to encourage clusters to be formed.
6. Bake for 35–40 minutes, stirring the granola with a wooden spoon once or twice. Then, scatter over the coconut flakes and bake a further 15–20 minutes, until the mix is crisp and lightly golden.
7. Allow the granola to cool completely, then stir through the cacao nibs and the dried pumpkin/squash shavings.
8. Keep in an airtight container for up to 2 weeks.

PER SERVING • estimated

~331 kcal • Protein ~8.7g • Fat ~29.1g • Carbs ~13.3g • Fibre ~5.8g