



THOUGHTFUL COOKING WITH TINA

Honey-Spiced Granola, Melomakarona-Inspired (DF)

SERVES 8 TO 10 • 2 HRS 30 MIN • DAIRY-FREE

A honey-spiced granola inspired by melomakarona, the Greek Christmas biscuit — slow-baked, dairy-free and gently sweet with festive warmth.

INGREDIENTS

MELOMAKARONA BISCUIT PEARLS

1 tbsp raw honey
1 tbsp mild extra virgin olive oil
3 tbsp very finely ground walnuts (walnut flour)
2–2½ tbsp oat flour
1 tsp ground cinnamon
Pinch of ground clove

GRANOLA BASE

140 g rolled oats
80 g walnuts, roughly chopped
40 g almonds, roughly chopped
40 g pecans, roughly chopped
2 tbsp golden flaxseed
1 tbsp dried mulberries, finely chopped (optional)

BINDER

3 tbsp mild extra virgin olive oil
1 tbsp raw honey
Finely grated zest of 1 orange
1–2 tbsp fresh orange juice (only as needed to loosen)
1 tbsp ground cinnamon
½ tsp ground clove
■ tsp ground mace (or freshly grated nutmeg)
1 tsp vanilla extract (optional)
Pinch of fine sea salt

ALLERGENS

Nuts • Gluten

METHOD

1. Line a large baking tray with PVC-free baking paper and preheat the oven to 100°C fan. This low temperature is used to dry the granola slowly, preserving flavour and preventing the sugars from caramelising.
2. To prepare the biscuit pearls, mix all the pearl ingredients in a small bowl to form a pliable, matte dough. If the mixture feels soft or sticky, add a little more oat flour. Pinch off very small pieces (around 3–4 mm) and lightly roll them into small balls. Arrange the pearls along one side of the tray, using roughly one sixth of the surface, keeping them separate from the granola.
3. In a large bowl, combine all the granola base ingredients.
4. In a separate bowl, whisk together the binder ingredients until smooth and free from clumps.
5. Pour the binder over the dry ingredients and mix until everything is lightly and evenly coated. Spread the granola over the remaining area of the tray, keeping it separate from the biscuit pearls.
6. Place the tray in the oven and dry for 2–2½ hours, stirring the granola every 20–25 minutes to ensure even drying. The pearls will firm up after about 1 hour; at this point, you can gently mix them into the granola if you wish, or keep them separate and combine everything once fully dried and cooled.
7. Remove the tray from the oven and allow the granola to cool completely on the tray. Once completely cooled, transfer the granola to an airtight container. Store at room temperature for up to 2 weeks. For best texture, keep the container away from heat and humidity.

PER SERVING • estimated

~210 kcal • Protein ~5.0g • Fat ~15.5g • Carbs ~16.0g • Fibre ~4.5g