

Blueberry Nut Butter Buckwheat Granola (Raw)

This is one of our favourite breakfast granolas. It is easy to make in the dehydrator or in the oven and will last in the pantry for months. When you make your own granola you can control the sugar or sweetener as well as the other ingredients. This makes it much healthier than store bought. And if you make a big enough batch it can last for months.



Categories

Gluten-free

Yields: 20 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Breakfast

Complexity: Progressive

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Buckwheat groats, dry	4 cup
Oatmeal (avena), regular cooking	1 cup
Coconut, dried, shredded or flaked, unsweetened	0.5 cup
Blueberries, fresh	1 cup
Flax seeds, not fortified	2 tablespoon
Almond butter, unsalted	3 tablespoon
Orange peel	1 tablespoon
Orange juice, fresh	0.5 cup
Dates, dried	4 each

Instructions

1. Use raw buckwheat. Soak in filtered water for at least 6 hours. After 6 hours rinse and drain. Set aside while preparing other ingredients.
2. Soak 4 pitted dried dates in purified water for at least 3 hours. Drain and set aside.
3. In a blender add freshly ground flax seeds, almond butter, 1 - 2 tbsp orange zest (simply grate fresh orange peel), the juice from one orange, and the soaked and drained dates. Blend until well combined into a thick paste.

4. In a large bowl add drained buckwheat, 1 cup raw oats, coconut flakes, and almond butter paste. Mix by hand until paste and buckwheat are well combined. Add blueberries last and gently stir into the mixture. Frozen blueberries can be used but they should be thawed first.

5. Place mixture equally on 2 - 3 dehydrator trays and dehydrate at 108 degrees F for 24 hours, turning after 12 hours. Alternatively place on a lined cookie sheet and cook in the oven at the lowest setting until crisp and blueberries are dry. Check every hour until desired doneness is achieved.