

Savoury buckwheat and lemon granola

Search:

- [Recipes](#)

Savoury buckwheat and lemon granola

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

Savoury buckwheat and lemon granola



Rate this recipe

0 people are cooking this [Count me in](#)

Sophie Hanson shares her lovely crunchy and textural granola for all your sweet and savoury dishes.

Ingredients (Makes about 3 cups)

- ½ cup extra-virgin olive oil

- 1 tbsp wholegrain mustard

- 1 tbsp maple syrup

- 1 clove garlic, crushed

- ½ tsp chilli flakes (optional)

- Zest of 1 lemon

- 2 cups rolled oats

- ½ cup buckweat

- ½ cup pistachios, roughly chopped

- ½ cup almonds, toasted and

- roughly chopped

- ½ cup pumpkin seeds

- ½ cup sunflower seeds

- 2 tbsp Nigella seeds

- 2 tbsp sesame seeds

Method

Savoury buckwheat and lemon granola

Preheat oven to 160°C and line two baking trays with paper. Combine the olive oil, mustard, maple

Combine the remaining ingredients in a large bowl and using your hands, mix in the dressing mixture so everything is well coated. Spread over the two trays and bake for 10 minutes. Rotate the trays and toss the mixture around so it cooks evenly and repeat two times so it cooks evenly for 30 minutes. Let cool then store in an airtight container.

syrup, garlic and lemon in a jar and shake to combine.

Words, recipes and images: [Sophie Hansen](#).

Looking for more recipes ideas for breakfast? This [low-carb breakfast](#) hash is a must try.

```
function displayNutrition(msg) { $('<div>.nutrition-label-container').text(msg); $('<div>.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('<div>.result').html(data); alert('This recipe was added to your favorites list'); }); }
```