

COOKING CUISINE

05th October 2022

Crunchy Autumn Cereal

Serves 10

Equipment

- Baking Tray
- Baking Paper
- Small saucepan
- Large bowl, medium sized bowl

Ingredients

- **Cereals**
- 700gr rolled oats
- 30gr puffed rice or spelt (optional)
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- **Seeds and nuts (choose 2-3 from section)**
- 100gr chopped nuts (pecans, walnuts, hazelnuts, etc)
- 100gr chopped or sliced almonds
- 100gr pumpkin or sunflower seeds
- 30gr flax seeds
- 20gr Chia Seeds
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- **Dried fruit (choose at least three from section)**
- 50gr dried coconut or banana chips or apple chips
- Dried fruit and berries (choose one or more of each sections)
- 100gr Dried cranberries, strawberries or raspberries and raisins
- Or
- 100gr dried apricots, figs, or prunes (seedless)
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- **other ingredients**
- 2tsp ground cinnamon
- 130ml maple syrup or honey
- Brown sugar (optional)
- 100ml coconut oil (melted) (optional)
- 1 large egg white
- 2 tsp vanilla extract



- ½ tbs salt

Directions

1. Heat coconut oil, maple syrup and/or honey and brown sugar in a small pot over low heat
2. Remove pot from heat and mix in the vanilla extract
3. In a large bowl, combine oats, puffed cereal and a selection of nuts
4. Pour the warm syrup over the oat mixture
5. Meanwhile, using a fork or electric hand mixer, beat the egg white just until it's frothy and still clear (not white and doubling in size)
6. Fold the egg white froth into the oat mixture.
7. Pour the warm oat mixture onto a baking tray lined with baking paper and spread out evenly and thin with a spatula.
8. Bake for 20-25 minutes on 160°C.
9. Remove from oven and let cool down.
10. After breaking up with a spatula, and whilst the mixture is still warm but not hot, add any dried fruit and berries.

In this lesson, we will prepare a pistachio and dried raspberry crunchy cereal. Other flavour combinations we will explore include:

- Dried raspberries and pecan
- Apple and cinnamon
- Lemon & Cardamom

Mango Chia Pudding

Serves 2-3

Equipment

- Bowl, whisk
- Food processor

Ingredients

- 1/4 cup chia seeds
- 2 tbsp unsweetened shredded coconut
- 1 1/4 cup light coconut milk (or full fat if you prefer)
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract
- 1 large ripe mango
- (optional) 1 tbsp maple syrup if your mangos are tart



Directions

- In a bowl whisk together the chia seeds, shredded coconut, coconut milk maple syrup, and vanilla extract until well combined.
- Allow to sit and gel for 30 minutes.
- Peel and chop your mango and add to a food processor or blender and puree until smooth.
- Layer the chia mixture in the bottom of a cup followed by the coconut layer on top.
- (Optional) Garnish with fresh mango and coconut flakes.