DECADENT GRANOLA CUPS

Compote Ingredients

¼ cups	Brown sugar
2 tbsp	Fresh lemon juice
3 cups	Mixed berries (340 g) such as raspberries, blackberries, and blueberries

Granola Ingredients

4 cups	Rolled oats
1 cup	Flaked almonds
1 cup	Chopped walnuts
¼ cups	Cup chia seeds
1 tbsp	Lin seeds
2 tsp	Vanilla essence
¼ cups	Sunflower seeds
2 tsp	Ground cinnamon
1 tsp	Himalayan salt
½ cup	Butter
1/3 cup	Honey
2/3 cup	Flaked coconut
½ cup	Chopped dried apricots
½ cup	Chopped dried apple
½ cup	Freeze dried berries
± 30 g	On Top® With Cream.

Method

For Compote

1. Place the berries in a pot over a low heat, stir in brown sugar and lemon juice until sugar is dissolved.
2. Cook, tossing gently (try to keep most of them from breaking up), until berries are warm and juices begin start to release (2 to 3 minutes).

For Granola

1. Preheat oven to 160°C.
2. Line a large baking sheet with silicone paper, and set aside.
3. In a large mixing bowl, stir together the oats, seeds, nuts, cinnamon and Himalayan salt until evenlycombined.
4. In a separate mixing bowl, stir together the melted butter, honey and vanilla essence. Pour the butter mixture into the oats mixture, and stir until evenly combined.
5. Spread the granola out evenly on the prepared baking sheet. Bake for approximately 20 minutes, stirring once halfway through. Then remove from the oven, add the coconut, and give the mixture a good stir. Bake for an additional 5 minutes, until the granola is lightly toasted and golden. Remove from the oven and transfer to a wire baking rack.
6. Allow to cool until the granola reaches room temperature. Once cool, stir in the dried fruit.
7. Serve immediately, or store in an airtight container at room temperature for up to 1 month.

Infinite Possibilities. **One Family**.

Rich Products Corporation Africa 77 Earp Street, Ophirton, Johannesburg, South Africa, 2091
Tel: 0860-0-RICHS (74247) www.richs.co.za
For detailed product information and additional recipes, please visit www.richs.co.za

DECADENT GRANOLA CUPS

Compote Ingredients

¼ cups	Brown sugar
2 tbsp	Fresh lemon juice
3 cups	Mixed berries (340 g) such as raspberries, blackberries, and blueberries

Granola Ingredients

4 cups	Rolled oats
1 cup	Flaked almonds
1 cup	Chopped walnuts
¼ cups	Cup chia seeds
1 tbsp	Lin seeds
2 tsp	Vanilla essence
¼ cups	Sunflower seeds
2 tsp	Ground cinnamon
1 tsp	Himalayan salt
½ cup	Butter
1/3 cup	Honey
2/3 cup	Flaked coconut
½ cup	Chopped dried apricots
½ cup	Chopped dried apple
½ cup	Freeze dried berries
± 30 g	On Top® With Cream.

To Assemble

Layer the granola and the berry compote with plain yoghurt and top with a large dollop of On Top® With Cream. For a more decadent version, top with a dollop of Chocolate On Top®.

Rich Products Corporation Africa 77 Earp Street, Ophirton, Johannesburg, South Africa, 2091
Tel: 0860-0-RICHS (74247) www.richs.co.za
For detailed product information and additional recipes, please visit www.richs.co.za