

[PALEO & AIP PANTRY STASH SESSION]

# 3 GRANOLAS

CINNAMON RAISIN TIGERNUT GRANOLA  
"CHOCOLATE" TIGERNUT GRANOLA  
SAVORY GRANOLA



# WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making several Paleo and AIP-friendly, nut-free Tigernut Granolas.

## WHAT ARE TIGERNUTS?

Despite the “nut” name, tigernuts are actually NOT nuts but rather small root vegetables, like sweet potatoes. They are not as well known in the US as in other parts of the world, where they've been called things like chufa and groundnuts.

Tiger nuts are high in antioxidants, a great source of fiber, have antibiotic properties, and work as a prebiotic, as well as a great source of iron.

Do note that as a prebiotic, they do a great job of feeding your good gut bacteria, but can also cause a bit of gas and bloating. If you notice this after eating them you may want to back off a bit on how much you eat next time and slowly build up over time.

For these recipes, you'll want to use sliced tigernuts because slicing tigernuts on your own would be time-consuming, let alone dangerous (they're pretty hard)!

## HOW LONG CAN THESE BE STORED?

These store well in an airtight container in the pantry for up to 6 months.

## HOW LONG DOES THIS SESSION TAKE?

This session will take about an hour from start to finish - BUT - 35+ minutes of that is hands-off time where the granolas are baking.

This makes it a great session to pair with another short one, like the Hot Drinks Mix Session or Seasonings Session.

Or use that time to make a salad dressing or some other easy components for the week, chop up the veggies you need for the week, or to relax :-).



# SHOPPING LIST

## FOR ALL 3 RECIPES

- 3 cups sliced Tigernuts ( 1 cup for each granola)
- 3 cups Coconut Flakes (the wide ones) or more Tigernut for coconut-free version (1 cup for each granola)
- 3/4 cups Avocado Oil (1/4 cup for each granola)

## ADDITIONAL INGREDIENTS FOR THE CINNAMON RAISIN TIGERNUT GRANOLA

- 1/2 cup Raisins
- 1 teaspoon Cinnamon
- Pinch Sea Salt
- 1/4 cup Maple Syrup

## ADDITIONAL INGREDIENTS FOR THE "CHOCOLATE" TIGERNUT GRANOLA

- 1 tablespoon Carob Powder
- 1 teaspoon vanilla bean powder (optional)
- 1/4 cup Maple Syrup

## ADDITIONAL INGREDIENTS FOR THE SAVORY TIGERNUT GRANOLA

- 1 teaspoon dried Rosemary
- 1/4 teaspoon dried Thyme
- 1/4 teaspoon Sea Salt
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Onion Powder

# ORDER OF OPERATIONS

## 1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Preheat the oven to 275 F (135 C).

Line two sheet pans with parchment paper for easy cleanup.

Gather all your ingredients for easy access.

Gather the following equipment:

- a large bowl
- two measuring cups (if available)
- measuring spoons
- a spatula or wooden spoon for mixing and spreading

## 2: PREP THE CINNAMON RAISIN GRANOLA

Starting with the sweet granola, to your mixing bowl add:

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (coconut shreds or more Tigernuts for a coconut-free version work great too)
- 1/2 cup Raisins
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 teaspoon Cinnamon
- a pinch of Sea Salt

Mix all of the ingredients, then evenly spread onto half of a prepared baking sheet. (The other half will be for the other sweet granola)

## 3: PREP THE "CHOCOLATE" TIGERNUT GRANOLA

Without cleaning the bowl, add these ingredients to the bowl:

- 1 cup sliced Tigernuts
- 1 cup coconut flakes (coconut shreds or more Tigernuts for a coconut-free version work great too)
- 1/4 cup Avocado Oil
- 1/4 cup Maple Syrup
- 1 teaspoon Vanilla Bean Powder or Vanilla Extract (optional)
- 1 tablespoon Carob Powder

Mix all of the ingredients, then evenly spread onto the other half of the "sweet granola" baking sheet.

#### 4: PREP THE SAVORY TIGERNUT GRANOLA

Without cleaning out the bowl, add these ingredients to the bowl:

- 1 cup sliced Tigernuts
- 1 cup Coconut Flakes (coconut shreds or more Tigernuts work great too)
- 1/4 cup Avocado Oil
- 1 teaspoon Dried Rosemary
- 1 teaspoon Dried Thyme
- 1/4 teaspoon Sea Salt
- 1/4 teaspoon Onion Powder
- 1/4 teaspoon Garlic Powder

Mix all of the ingredients, then evenly spread onto the remaining baking sheet.

#### 5: BAKE THE GRANOLA

Place both baking sheets in the oven and set a timer for 35 minutes.

Stir the granola about every 15 minutes or so.

Check the granola at 35 minutes. If they still seem really moist, add another 5 minutes.

At 40 minutes remove the granola from the oven and allow it to cool.

*Note: the granola will continue to harden as it cools.*

! This is a great time to do another short AIC meal prep session (like the Hot Drink Mix Session or Seasoning Mixes Session), chop veggies for the week or just relax.

#### 6: STORE THE GRANOLA

Once the granola has cooled, break apart any large chunks into smaller pieces with your hands.

Store the granolas in separate airtight containers at room temperature or in the fridge for up to six months.

Enjoy!

# MEAL IDEAS

USE THIS GRANOLA TO EASILY ADDS SOME TEXTURE AND FLAVOR TO YOUR DISHES!

Idea 1 - Sprinkled over pancakes - or over a bowl of pancakes, coconut milk yogurt, fresh fruits and berries, and a breakfast sausage



Idea 2 - Added to a bowl of coconut milk yogurt and fruit



Idea 3- Served up like a bowl of cereal with your favorite milk (or by itself as a snack)



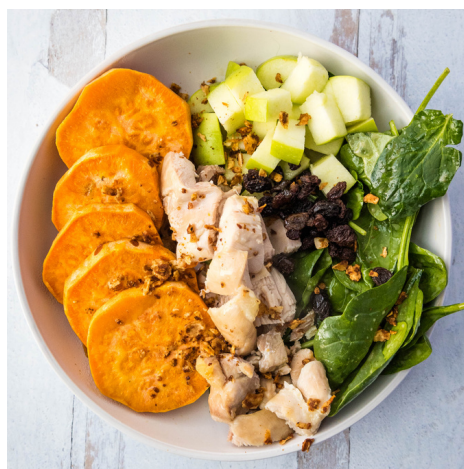
**Idea 4** - Sprinkled over a hot bowl of sweet potato breakfast or porridge (Shown here are the Sweet Potato Bowl and Berry Cauliflower Bowl)



**Idea 5**- Sprinkled over a salad (this is the Winter Steak Salad recipe and the Pear Salad recipe)



**Idea 6** - Sprinkled over a bowl of roasted sweet potatoes, chicken, spinach, and green apples (This is the Harvest Bowl recipe)



**Idea 7** - Over ice cream!

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