

Warm Granola with Strawberry Compote



Ingredients

Porridge Ingredients

¼ cup walnuts
1 tbsp pumpkin seeds
1 tbsp chia seeds
1 tbsp ground flax seeds
2 tbsp coconut flakes
Cinnamon... as much as you like. I use about ½ teaspoon
½ cup hot water

Compote Ingredients

1 quart organic strawberries, rinsed well and chopped
1 rhubarb stalk or cored apple, cleaned and chopped
1 tbsp organic, no sugar added, all-fruit jam or Grade B Maple Syrup
½ teaspoon cinnamon
Dash of vanilla extract
A couple of ounces of water

Method

To make the granola/ porridge, blend all ingredients in a food processor and place in a bowl. Add hot water and mix well. Cover with a plate for a few minutes while making the compote.

To make the compote, place in a pot and simmer ingredients together, stirring occasionally, mashing the fruit with a spoon. Cook for about 15 to 20 minutes or until fruit is blended together to a chunky consistency. Top the porridge with a couple of tablespoons of compote and enjoy!

Source: [Barbara Mendez](#)



Alternative Health Concepts

<http://www.alternative-health-concepts.com>