

Carman's

CREATING WITH CARMAN'S:

THE GOODNESS OF GRANOLA

OPTIMISE YOUR GUT HEALTH WITH OUR HANDY TIPS!

7
recipes
inside



WELCOME TO THE
GOODNESS OF GRANOLA!

FOR OVER 25 YEARS, OUR FOCUS AT CARMAN'S HAS BEEN TO HELP
make everyday more delicious WITH OUR SUPER TASTY
NUTRITIOUS RANGE OF BREAKFASTS AND SNACKS.

we are so excited to launch our latest labour of love,
TWO BEAUTIFUL 5 GRAIN & SEED GRANOLAS: ALMOND,
VANILLA & CINNAMON AND PINK LADY APPLE & BLUEBERRY.

THE FIVE GRAINS AND SEEDS IN OUR FIBRE-FILLED BLENDS WILL *nourish*
your body and soul, WHILE THE RECIPES AND IDEAS IN THIS BOOK
WILL SHOW YOU *just how versatile granola can be!*



"5 GRAIN & SEED GRANOLA IS THE MOST
AMAZING WAY TO START THE DAY.
THE CRISP AND CRUNCHY TEXTURE IS
FANTASTIC. I LOVE ADDING A DOLLOP OF
YOGHURT, FRESH RASPBERRIES AND A
DRIZZLE OF HONEY TO THE ALMOND,
VANILLA & CINNAMON FLAVOUR. IT'S SO
QUICK TO MAKE BUT LOOKS AND TASTES
LIKE YOU HAVE ORDERED IT IN A CAFE!"

Carolyn

CAROLYN CRESWELL
FOUNDER OF CARMAN'S

greenie granola

SMOOTHIE BOWL



🌱 VEGAN (USE DAIRY FREE YOGHURT) ⌚ PREP: 10 MINS 🍴 4

ingredients

1 FROZEN BANANA

2 LARGE HANDFULS BABY SPINACH LEAVES, PLUS EXTRA TO SERVE

1/2 CUP CARMAN'S PINK LADY APPLE & BLUEBERRY GRANOLA, PLUS EXTRA TO SERVE

1/2 CUP PLAIN YOGHURT

method

- 1 Place all ingredients in a blender and blitz until smooth.
- 2 Add a little water for a thinner consistency if necessary. Pour into bowl and top with extra spinach and granola.

start your day right!

EATING BREAKFAST IS ASSOCIATED WITH HIGHER NUTRIENT INTAKE, MORE HEALTHFUL FOOD CHOICES THROUGH THE DAY AND LOWER BODY WEIGHT. PLUS IT ONLY TAKES 8 MINS ON AVERAGE!



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chia and TURMERIC TRIFLE

PREP: 15 MINS 2

ingredients

100ML PLAIN YOGHURT

130ML WARM WATER

2 TSP MANUKA HONEY,
PLUS EXTRA TO SERVE

1/8 TSP GROUND TURMERIC

3 TBSP BLACK CHIA SEEDS

4 TBSP CARMAN'S ALMOND,
VANILLA & CINNAMON GRANOLA

1 TSP NUT BUTTER

6 SLICES FRESH BANANA

A PINCH OF TOASTED
SHREDDED COCONUT

A PINCH OF TOASTED
FLAKED ALMONDS

method

- 1 In a medium size bowl, add yoghurt, warm water, honey and tumeric and stir to combine.
- 2 Pour in the chia seeds and stir to combine. Leave to sit for 10 minutes while the chia seeds expand.
- 3 Divide the mixture between two glasses.
- 4 Top each of the glasses with two tablespoons of granola.
- 5 Drizzle each with half a tablespoon of nut butter (we used almond!).
- 6 Sprinkle with coconut and toasted almond flakes.
- 7 Finish with a drizzle of honey.



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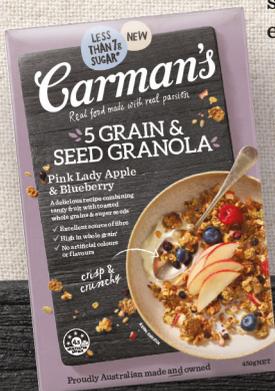
5 minute GUT BOOSTER BOWL

🕒 PREP: 10 MINS 🥄 1

method

- 1 Start with a probiotic base, such as kefir or probiotic yoghurt, which aids in the growth of good bacteria in the gut. If you don't eat dairy, coconut yoghurt is a delicious alternative.
- 2 Opt for fibre-filled fruit, such as apples and always eat with the seasons! For figs, this means late summer until the end of autumn.
- 3 Nut butter is packed full of healthy fats to help get your digestive system moving. It can also aid the absorption of fat-soluble vitamins A, D, E and K.
- 4 Grains, grains and more grains! Sprinkle Carman's 5 Grain & Seed Granola on top for a diverse range of fibres. Both of our granola flavours have soluble and insoluble fibres, as well as resistant starch, which can feed friendly gut bacteria in the colon.
- 5 Finish with a pinch of shredded coconut or chia seeds.
- 6 Give yourself a pat on the back for nourishing your body and soul!

tailor ingredients to your tastebuds



hot pink PARTY BOWL

🌱 VEGAN (USE DAIRY FREE YOGHURT) ⌚ PREP: 10 MINS 🍴 1-2

ingredients

- 1 CUP FROZEN RASPBERRIES
- 1/3 CUP YOGHURT, ANY WILL DO!
- 1/2 BANANA

to serve

- 2 TBSP CARMAN'S PINK LADY APPLE & BLUEBERRY GRANOLA
- BABY SPINACH LEAVES
- BLUEBERRIES
- PLUMS, SLICED

method

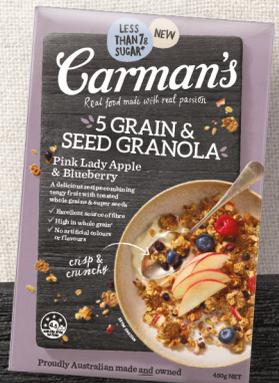
- 1 Place all ingredients in a blender and blitz until smooth. Add a little water for a thinner consistency if necessary.
- 2 Pour into bowl and top with the granola, spinach and fruit.

rise and shine tip!

FOR MORE OF A "TREAT" BREAKFAST, INCLUDE HALF A TABLESPOON OF CACAO (WHICH HAS ADDED BENEFITS OF IRON, MAGNESIUM AND ANTIOXIDANTS) FOR A VELVETY CHOCOLATE TASTE.



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GRAINS & MOOD

A healthy gut is now considered a non-negotiable for optimal physical and mental wellbeing¹. Gut microbiota – the trillions of different microorganisms living in the digestive system – adjusts with changes in diet and stress, then through biological pathways, impacts the brain, affecting how we view and interact with the world². As well as playing the traditional role of supporting our immune system and digestive function, gut microbiota influences our body's level of serotonin, regulating feelings of happiness³. The exciting news is that gut microbiota is constantly changing; directly impacted by diet and what we consume⁴.

HERE ARE SOME IDEAS THAT COULD KICK START YOUR WAY TO BETTER GUT HEALTH:

- Ensure you always have a variety of colourful plant foods on your plate. Try having vegetables or fruit with every meal! Fibre is great for promoting healthy gut microbiota, so raspberries, mango, carrots, beets and spinach are all excellent options.
- Include pre and probiotic foods in your diet, such as onions, garlic, Jerusalem artichoke, kombucha and yogurt.
- Eat high quality grains, like those in Carman's porridge, muesli or granola.
- Add fermented foods to your meals, such as kimchi, kefir and unpasteurised sauerkraut.
- When shopping for packaged foods at the supermarket, choose products that have whole grains listed as the first or second ingredient.
- One or two nights a week, swap meat for legumes, such as chickpeas, lentils or beans.
- To up your fibre intake further, try swapping white bread or white rice for whole grain bread or brown rice.

choose products that have whole grains listed as the first or second ingredient

¹ Dinan TG et al. The Microbiome-Gut-Brain Axis in Health and Disease. *Gastroenterol Clin N Am.* 2017; 46: 77-89.

² Cryan JF et al. The microbiome-gut-brain axis: from bowel to behaviours. *Neurogastroenterol Motil.* 2011; 23: 187-192.

³ Dinan TG et al. The Microbiome-Gut-Brain Axis in Health and Disease. *Gastroenterol Clin N Am.* 2017; 46: 77-89.

⁴ Gong L et al. Whole cereal grains and potential health effects: Involvement of the gut microbiota. *Food Res Int.* 2018; 103: 84-102.

granola BREAKFAST MUFFINS

🕒 PREP: 35 MINS 🥄 12

ingredients

1 1/4 CUP SELF-RAISING
FLOUR, SIFTED

3/4 CUP CARMAN'S ALMOND,
VANILLA & CINNAMON GRANOLA

1/2 CUP CASTER SUGAR

1 TSP CINNAMON POWDER

2 GRANNY SMITH APPLES,
PEELED AND CHOPPED, APPROX
1.5 CM PIECES

1/2 CUP YOGHURT

1/4 CUP MILK

2 EGGS

125G BUTTER, MELTED
AND SLIGHTLY COOLED

method

- 1 Pre-heat oven to 180°C. Line a 12-hole, approx. 1/3 cup capacity muffin tray with paper cases.
- 2 In a bowl, combine all dry ingredients, then mix through apple. Set aside.
- 3 In a large bowl whisk together, yoghurt, milk, eggs and butter. Pour over dry ingredients folding gently until just combined.
- 4 Spoon mixture into paper cases. Bake for 20-25 minutes or until a skewer inserted into the muffins comes out clean. Cool on wire rack.



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*tailor ingredients
to your tastebuds*

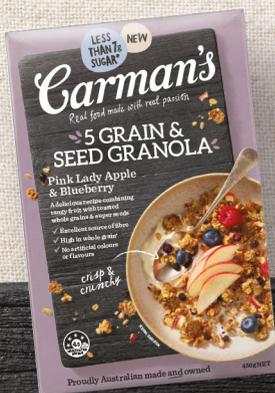
layered GRANOLA JARS

⌚ PREP: 10 MINS 🥄 1



method

- 1 Grab a jar or glass – the prettier the better!
- 2 Add yoghurt to approximately a quarter of the way up. Greek yoghurt is great as it suits most tastes, but you could try cashew or almond yoghurt if you're after something dairy free.
- 3 Next, add your favourite flavour of Carman's 5 Grain & Seed Granola. We've used Pink Lady Apple & Blueberry but if your preference is fruit free, then Almond, Vanilla & Cinnamon has you covered.
- 4 Next, add your favourite flavour of Carman's 5 Grain & Seed Granola. We've used Pink Lady Apple & Blueberry but if your preference is fruit free, then Almond, Vanilla & Cinnamon has you covered.
- 5 Sprinkle on something a little fancy and flavour-full. We included chia seeds for their omega-3s and antioxidants, but nuts, seeds or even cacao nibs all have nutritional benefits and are delicious.
- 6 Choose your flavour-ite fruit (or fruits!) and scatter over the top. Blueberries are low in calories, but high in nutrients.
- 7 Layer up, then eat up.



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GRANOLA BRITTLE

with poached plums

🕒 PREP: 30 MINS 🍴 4

ingredients

1 CUP CARMAN'S ALMOND,
VANILLA & CINNAMON GRANOLA

1 TSP BUTTER

1 TBSH HONEY

6 LARGE PLUMS, HALVED,
STONES REMOVED

3 TBSH SUGAR

3/4 CUP WATER

to serve

VANILLA YOGHURT

rise and shine tip!

DELIGHTFUL WITH ANY KIND OF FIBRE-FILLED FRUIT. ALTERNATE THE PLUMS WITH APPLES, PEARS AND ASSORTED BERRIES, JUST ADJUST THE SUGAR AND COOKING TIME – AND DON'T PEEL THEM (THAT'S WHERE THE FIBRE IS.)

method

- 1 Preheat oven to 180°C. On a baking tray lined with baking paper, sprinkle granola out thinly and evenly, making sure the layer of granola is not too thick.
- 2 Place dots of butter over the granola and drizzle evenly with honey. Bake in the oven for approx. 12 minutes. Remove from oven and place tray on a cooling rack. Once cooled, break into shards.
- 3 To cook plums, place in a non-stick pan over medium heat. Sprinkle sugar over plums and add water. Cook plums until softened, gently stirring and turning over occasionally.
- 4 To serve, divide plums and syrup into four bowls, top with granola brittle and serve with vanilla yoghurt.



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THANK YOU

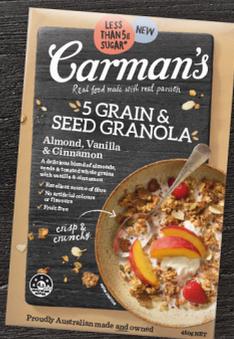
WE HOPE YOU'VE LEARNED MORE ABOUT THE GOODNESS OF GRANOLA, THE IMPORTANT BENEFITS OF GREAT GUT HEALTH AND ARE INSPIRED TO CREATE SOMETHING SPECTACULAR!



PINK LADY APPLE & BLUEBERRY

A nourishing recipe combining tangy fruit with toasted whole grains and super seeds for a crisp and crunchy start to your day.

- ✓ Over 7g of fibre per serve
- ✓ Less than 7g of sugar per serve
- ✓ Real fruit with no artificial colours or flavours
- ✓ Vegan



ALMOND, VANILLA & CINNAMON

A delightful blend of whole grains, seeds and almond flakes, topped off with a hint of vanilla and cinnamon.

- ✓ Over 7g of fibre per serve
- ✓ 1 serve provides over 40% of your daily recommended whole grain intake
- ✓ Less than 5g of sugar per serve
- ✓ Fruit free
- ✓ Vegan

TO LEARN MORE ABOUT THE CARMAN'S RANGE, VISIT:
carmanskitchen.com.au/products

WE LOVE HEARING YOUR THOUGHTS AND IDEAS.
YOU CAN CONTACT OUR LOVELY TEAM AT ANY TIME

hello@carmanskitchen.com.au

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