



Granola



55 servings



30 mins

INGREDIENTS

- 600g oats
- 100g Flaked almonds
- 100g Chopped walnuts
- 100g Cashews
- 125g Mixed seeds
- 100g Pumpkin seeds
- 100g dried raisins
- 100g Dried cranberries
- 2 tablespoons coconut oil
- 2 tablespoons honey

NOTES

have this with 125g of greek yoghurt for extra protein and a filling breakfast

134 cals 26g protein

DIRECTIONS

1. preheat the oven to 180°C.
2. fill a large baking tray with the oats, nuts and seeds.
3. add the coconut oil and honey and give everything a good stir.
4. Put in the oven for an initial 10mins.
5. take the tray from the oven and give everything a good stir, making sure any of the raw oats are brought to the top. Put back in the oven for a further 8 minutes.
6. stir the mixture again and then put back in the oven for a final 8 minutes.
7. When all the oats and nuts are golden leave to cool for a few minutes before adding the dried fruit.
8. This recipe makes 1500g of cereal. Serve this in 30 gram portions and it will last in a sealed container for weeks. It tastes great with greek yoghurt and a drizzle of honey.