

GRANOLA



INGREDIENTS

2 Tbsp vegetable oil

125ml Maple syrup

2 Tbsp honey

1Tsp vanilla extract

300g Oats

50g Seeds of your choice

100g Flaked almonds

100g Dried fruit

50g Coconut flakes or desiccated coconut

METHOD

Mix the oil, maple syrup, honey and vanilla in a bowl and tip everything else in except the dried fruit and coconut.

Spread over a baking tray, you will probably need 2 trays, and bake in the oven for 15 minutes at 150C, or equivalent.

Then add the dried fruit and coconut and bake for another 10-15 minutes or until golden brown.

Leave to cool and store in an airtight container.

Serve with milk or yogurt.