

Maple Pecan Granola



*400g oats (jumbo is good, although I used gluten free)
50g pumpkin seeds
100g pecan nuts
½ tsp fine grain sea salt (slightly less if using ordinary table salt)
¼ tsp ground cinnamon
70ml olive or coconut oil
70ml maple syrup
½ tsp vanilla extract
50g coconut flakes
70g dried fruit (cranberries/raisins etc) or fresh fruit
(blueberries/strawberries etc)*

- 1. Heat oven to 170 degrees (150 fan ovens/ gas 4). Line a large rimmed tray with baking parchment.*
- 2. Combine oats, seeds, nuts, salt & cinnamon in a bowl. Pour in oil, maple syrup & vanilla & mix well to lightly coat all dry ingredients. Tip granola onto baking tray & spread evenly.*
- 3. Bake until lightly golden (20-30 mins). Stir half way & add coconut at this stage. If you like your granola lumpy, press the mixture firmly into the pan.*
- 4. Leave to cool completely undisturbed for at least 45 mins. It will continue to crisp as it cools. Break into big chunks or crumble completely, whichever you like. This can be stored in an airtight container for 1-2 weeks or in a sealed freezer bag in the freezer for up to 3 months.*
- 5. Top with dried or fresh fruit & yogurt or milk.*