

Granola

Ingredients

dry ingredients:

500g porridge oats

500g jumbo oats

100g almonds coarsely chopped

100g hazelnuts coarsely chopped

60g pecan halves broken into small chunks

100g pumpkin seeds

100g sunflower seeds

4tbs brown sugar

1 tsp cinnamon

160g raisins

syrup:

160g honey / maple syrup

5tbs/60g sunflower oil

3tbs/40g water



Method

Heat your oven to a moderate heat (150 degrees C for our fan oven). Mix together all the dry ingredients **excluding** the dried fruit - e.g. raisins in the ingredients above.

In a small pan gently heat the ingredients for the syrup so that they blend together. Pour over the dried ingredients and mix well with a wooden spoon. Transfer to a couple of large roasting tins or baking tray (I use 2 35cm x 25cm trays - if you have a bigger oven then using a bigger tray will probably reduce the cooking time).

Put the tray into the oven and bake for about 45 minutes taking the trays out every 10-15 minutes or so to give them a thorough stir to ensure the ingredients are cooking evenly and switch their position on the shelves in your oven.

The cooking time will depend on your oven and the tray you are using - basically you are looking for the oats to become golden brown and the almonds to become lightly toasted. After 30-40 minutes or so add your dried fruit for the last 5 minutes of cooking (don't add it at the beginning as it will burn).

Let the granola cool completely before transferring to an airtight container. In the unlikely event that you haven't eaten it all sooner it will keep for a good few weeks.

The recipe above is the one I use but the variations are almost endless - seeds can be substituted for nuts and different cereal flakes (e.g. barley, rye, buckwheat) can be used mixed with / instead of the oats. You can also use different nuts and dried fruit

There are many, many granola recipes online with lots of suggestions for further variations (dates, dessicated coconut, dried mango, chocolate chips, pistachios, orange zest, allspice.....). It's hard to go too far wrong! Serve with milk / yoghurt and fresh fruit or mixed with other cereals.