

Good-for-you Granola

Ingredients:

2 tbsp vegetable oil
125ml maple syrup
2 tbsp honey
1 tsp vanilla extract
300g rolled oats
50g sunflower seed
50g pumpkin seeds
100g flaked almonds
100g dried berries (find them in the baking aisle)
50g coconut flakes or desiccated coconut

Method:

Step 1

Heat oven to 150C/fan 130C/gas 2. Mix the oil, maple syrup, honey and vanilla in a large bowl. Tip in all the remaining ingredients, except the dried fruit and coconut, and mix well.

Step 2

Tip the granola onto two baking sheets and spread evenly. Bake for 15 mins, then mix in the coconut and dried fruit, and bake for 10-15 mins more. Remove and scrape onto a flat tray to cool. Serve with cold milk or yogurt. The granola can be stored in an airtight container for up to a month.

This recipe has been 'Tried & Tested' by Alison Haynes and was taken from Good Food magazine, February 2006

