



Easy Homemade Granola

Makes 12 servings

- 1 tbsp oil
- 1 grated apple
- 50ml maple syrup
- 175g rolled oats
- 50g oatmeal
- 2 tbsp each pumpkin, sunflower & sesame seeds
- 1 tbsp each linseed & hempseed
- 100g dried fruit
- 100g whole nuts – roughly chopped



1. Mix all the dry ingredients together except the dried fruit
2. Mix in the grated apple, maple syrup and oil. Mix well
3. Set the oven to 150C
4. Line a baking sheet with greaseproof paper and spread the mixture out evenly.
5. Put into the oven for 10 min.
6. Remove and turn and mix the mixture. Put back into the oven for 10 min.
7. Remove again, add the fruit, turn and return to the oven for a further 15 min.
8. Allow to go cold before storing in a lidded container.

If the mixture still seems damp after the final cooking, return for a further 5 min. You need to make sure that the apple has dried out, or the granola will go mouldy.

Hints, Tips and Variations

Gluten free if using gluten free oats or the grains below. Dairy free, Vegan.

Use a mixture of flaked millet, buckwheat, quinoa & rice flakes if you can't eat oats.

Use either one type of nut or a mixture. I usually use almonds, hazelnuts, pecans or walnuts.

Pistachio nuts, cashews or peanuts would also work well.

Swap the grated apple for 100ml fruit juice.