

Granola

Why would you want to buy granola when it is so simple to make?

Not only is it a simple recipe, it is also healthy, extremely delicious and free from any additives, colourings or preservatives that you may find in some ready made granolas.

This is even easier if you have an actifry. I have written this recipe as if you are baking it in an oven but if you have an actifry then place all of the ingredients below in it and cook for 9 mins! Done – a weeks' worth of granola made in minutes. Just keep it in an airtight container and sprinkle over yogurt and fruit in the mornings or serve it soaked in almond milk. It's also a great base ingredient for my bircher (see separate recipe)



The great thing about making your own granola is you can make it just how you like it – I always like mine with less oats and tons of fruit and nuts. If you prefer more fruit and less nuts or vice versa then just adapt this recipe. If you are following a healthy eating plan then you're always going to have some kind of dried fruit, nuts and seeds in your cupboards so just throw in what you have!

- 2 cups oats
- 2 cups dried fruit – ANY you like! I love to mix up dried apricots, dates, figs, cranberries and sultanas

- 1 cup unsalted nuts – again any you prefer. Try walnuts, cashews, macadamias, hazelnuts, almonds
- 1 cup seeds – mixture of sesame, chia, pumpkin, sunflower. Any you like
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 tablespoon coconut oil
- 1 tablespoon honey/agave nectar/coconut palm sugar

Ok, if you have an actifry just place everything into the actifry and cook for 9 mins.

If not, preheat the oven to 110°C.

Melt the coconut oil and honey together in the microwave for just a few seconds.

Mix all the other ingredients together in a bowl and pour over the oil and honey. Mix everything well so it all gets coated with the oil mixture. Then pour this onto a large baking sheet and spread the mixture out so it is loose, and not too packed together. Bake this on a low heat for approx. 45 mins. When you remove the granola from the oven it will still be soft, leave this out to cool and it will harden. Transfer to an airtight container and this will keep for up to 3 weeks.