

# GRANOLA



## Equipment:

metric measuring spoons  
metric measuring cups  
measuring scale  
clean tea towel  
wooden spoon  
oven trays  
Large mixing bowl  
serving bowls

## Ingredients:

- 3 cups rolled oats
- 2 teaspoons cinnamon
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ½ cup coconut
- 2 tablespoons sesame seeds
- 2 tablespoons plain flour
- ¼ cup honey
- ⅓ cup coconut oil or other
- ½ cup dried fruit  
(sultanas/apricot, etc)

## Method (What to do):

1. Preheat the oven to 180 c degrees. Line 2 baking trays with non-stick paper.
2. Place the dry ingredients in a bowl. (oats, cinnamon, pumpkin seeds, sunflower seeds, coconut, sesame seeds flour) in a large mixing bowl and mix really well to combine.
3. Mix the wet ingredients together in a glass jug (honey, oil and a little boiling water) until it is runny and combined.
4. Stir the wet ingredients into the dry ingredients.
5. Divide the mixture between the prepared trays and spread it out evenly.
6. Bake for 8 minutes, then give it a stir before baking for another 8 minutes.
7. Remove from the oven and let it cool completely.
8. Stir through dried fruit.

Serve with stewed fruit or yoghurt with a drizzle of honey. Store the granola in an airtight container.