

INGREDIENTS

- 2 cups traditional oats
- 1/2 cup almonds, roughly chopped
- 1/2 cup walnuts, roughly chopped
- 1/4 cup cashews
- 1/4 cup pumpkin seeds (pepitas)
- 1/4 cup extra virgin olive oil
- 1 tsp vanilla extract
- 2 tbspn pure maple syrup
- 1 tsp cinnamon

INSTRUCTIONS

1. Mix oats, nuts, seeds and cinnamon in a medium size bowl. Stir well to combine.
2. Mix olive oil, vanilla extract and maple syrup in a small bowl. Stir well.
3. Add olive oil mix to granola mix and stir well.
4. Lay granola evenly on a baking tray lined with baking paper.
5. Bake on 160C for approximately 15 minutes. Use a spatula to turn the mix and bake for a further 15 minutes or until golden and crunchy.



Healthy Granola

This is a quick and easy recipe. You can substitute any nuts and seeds. You can also use more oats and less nuts if you prefer.

Experiment and find your own preferred mix.

I often make a double batch. Remember to store in the fridge to keep it fresh.

SERVING SUGGESTION

Serve with yoghurt, berries and a sprinkle of cinnamon for a nourishing breakfast that will keep you satisfied until lunchtime.