

Granola with Fresh Fruit and Yoghurt

Makes: approx. 6 cups

Prep time: 20 minutes

Cook time: 90 minutes



1 serve per portion

Ingredients

4 cups rolled oats

½ cup raw macadamia nuts

¼ cup raw almonds

¼ cup raw walnuts

¼ cup mixed sesame seeds (black and white)

¼ cup pepita seeds

¼ cup sunflower seeds

½ cup naked ginger, roughly chopped

¼ cup olive oil

¼ cup honey

Suggested Toppings (per person):

½ cup Greek yoghurt, reduced fat

1 cup seasonal fruit, chopped

Method

PREHEAT oven to 150°C.

LINE two baking trays with baking paper.

MIX oats, nuts, seeds and ginger together in a large bowl.

MIX oil and honey together until well combined and pour over oat mixture. Stir to combine.

TRANSFER granola mixture to baking tray and spread evenly.

BAKE in oven for 90 minutes, checking the mixture every 20 minutes to turn it, ensuring it's browning well. Remove from oven and allow to cool.

PLACE the yoghurt and fruit into a serving bowl then top with the desired amount of granola.

STORE leftover granola in an airtight container or jar for up to 4 weeks.



Everyday Food

Recipe courtesy of the Country Kitchens team