

Homemade Granola

Serves: 10

Prep time: 5 minutes

Cook time: 10 minutes



½ serve per portion

Ingredients

2 cups rolled oats

1 cup almonds

1 cup sunflower seeds or pepitas

1 cup dried fruit (eg. chopped apricots, apple, pineapple, raisins)

2 teaspoons ground cinnamon

⅓ cup neutral oil such as canola

⅓ cup honey or maple syrup



Everyday Food

Method

MIX oats, almonds, seeds, dried fruit and cinnamon together in large bowl.

HEAT half of the oil in large pan on medium heat.

ADD in oat mix and stir until oats are light brown, about 5 minutes.

ADD in honey and remaining oil and stir for an additional 5 minutes.

REMOVE from heat and allow to cool.

Recipe courtesy of the Country Kitchens team