

# Granola

*I really enjoy making my own granola – my 6 year old helped with this recipe!*

## Equipment:

Mixing bowl  
Baking trays  
Baking paper

## Ingredients:

3 cups of oats  
1 cup of mixed seeds (sunflower, sesame, pumkin etc.)  
2 tbsp chia seeds  
2 tbsp flax seeds  
1 tbsp cinnamon  
1/8 tsp salt  
¼ cup coconut oil  
1/3 cup maple or agave syrup (1/2 cup if you like it sweeter)  
1 tsp vanilla essence  
½ cup applesauce  
½ cup raisins (presoaked in apple juice)



Serves: 6-8  
Prep time: 10 minutes  
Bake time: 20 minutes

*Top Tips:* You can try a range of ingredients with this– all kinds of dried fruits, goji berries, nuts, seeds etc. You can also use gluten-free oats.

## Method:

1. Preheat the oven to 175°C/350°F
2. Mix all the dry ingredients in a large bowl
3. Melt coconut oil in a small pan over a low heat and add syrup and vanilla essence.
4. Remove from heat and mix in the applesauce and drained raisins
5. Add wet ingredients to the dry and mix well
6. Spread the mixture on the baking paper and bake for 20 minutes or until golden brown (it may need a few more minutes)
7. Once ready remove from oven and toss a little and let cool.
8. Will keep for a couple of weeks in an air-tight storage container