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Description automatically generatedVEGAN GRANOLA

Shop bought granola is usually full of sugar, so I decided to make my own at home. This recipe is so easy, it makes loads and is full of nutrition. It’s great for breakfast but also fab to take to work for a little nibble at your desk! Once you make your own you wont go back to buying it, it’s so much better!

Cook time: 25 mins

Ingredients:

* 340g porridge oats
* 180g raw nuts or seed – any of your choice
* 1tsp fine seasalt
* ½ tsp ground cinnamon
* 120ml coconut oil - melted
* 170g maple syrup
* 100g of dried fruit – any of your choice
* 1 tsp vanilla extract
* Handful of flaked almonds, desiccated coconut or dark chocolate chips – optional

Preheat your oven to 180 degrees Celsius. Line a baking tray with baking paper.

Mix the porridge oats, nuts/seeds, salt and cinnamon in a big bowl. Give it a good stir. Add in the melted coconut oil, maple syrup and vanilla and give it another good mix.

Transfer it to the baking tray and give it a pat out to make it flat. Bake until golden brown – usually about 20-25 mins – give it a stir half way.

Once done, let it cool completely (about 45 mins) then add the fruit and anything else you fancy adding.

Store in an air tight container at room temperature – it’ll last about 1-2 weeks, or you can freeze it for up to 3 months. Yum!