

Homemade Granola, yoghurt and fresh fruit breakfast

Makes quite a few servings, tastes delicious so watch portion control



150g rice malt syrup

65ml ground nut oil

60g coconut oil

270g rolled oats

60g sunflower seeds

70g pumpkin seeds

Optional chia seeds, sesame seeds. Can use up to 140/150g of seeds

1 tablespoon ground cinnamon or to taste

Yoghurt and fresh fruit to make the meal

Method

Oven at 180C or 350F or gas mark 4

Lightly grease your baking tray and line with greaseproof/baking paper

In a small saucepan heat the rice syrup, ground nut oil and coconut oil over a low heat. Approx 2 minutes, keep stirring until warmed through completely.

In a mixing bowl add all the other ingredients, oats, seeds and cinnamon if using it and combine together.

Pour in the syrup and oil mixture and mix so the dry ingredients are coated. Then transfer to the baking tray.

Bake for 20-25 minutes or until golden. Leave to cool on the tray, once cool store in an airtight container for about a week.

Serve and enjoy.