

# GRANOLA

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 Makes 1.5kg (dry granola)  
Approx. 20 x 75g portions

 Total Time: 1hr 5min

 Prep: 20min

 Cooking: 40-45min

## Ingredients:

- 500g rolled oats
- 30ml coconut oil
- 100ml of coconut nectar or maple syrup
- 50g of raisins
- 100g of desiccated coconut
- 2 teaspoons of ground cinnamon
- 50g of pumpkin seeds
- 30g of chia seeds
- 30g of golden linseeds
- 100g of pitted dates
- 80g of chopped pecans
- 80g of chopped almonds
- 10ml rapeseed oil to line the baking trays

## Method:

Pre heat the oven to 140c

Firstly make the dry mix into a large mixing bowl.

Melt down the coconut oil by standing it in a bowl of warm water, this can take up to 10 minutes for it to fully melt so its a good idea to get it on first.

Roughly chop the almonds, pecan nuts, dates and add to a large mixing bowl with the oats, desiccated coconut, pumpkin and chia seeds, raisins and cinnamon.

Mix all of these together well in the bowl for the dry mix.

Pour in the coconut oil and coconut nectar to the mixing bowl

Getting hands in mix the coconut oil and syrup in trying to coats every single oats and seed.

Spread the mix evenly on a baking tray, or even between two, the thinner that it is on the trays the more evenly it will cook.

Add to a preheated oven at 140 degrees for 40-45 minutes, turning and swapping the tray around every 15 minutes and giving the granola a little mix to keep it cooking evenly.

Equipment needed: Oven, Chopping board, Chef's Knife, Large mixing bowl, 2 baking trays