

# Homemade Granola



photo courtesy of eatwell 101

## INGREDIENTS:

- 1 blue container / 35g raw seeds (i.e. sunflower or pumpkin)
- 1 blue container / 35g cup unsweetened raisins or other dried fruit, chopped (optional)
- 2 tablespoons grade-b maple syrup or raw honey (or a combo of both)
- 2 tbsp virgin coconut oil ½ tsp vanilla extract or almond extract
- 1 large pinch fine sea salt
- 1 red container / 95g raw, whole rolled oats

## DIRECTIONS

- Preheat the oven to 200c
- Combine all ingredients in a mixing bowl and use your clean hands to mix well and toss to coat; it will be sticky and messy but that's the fun part. The coconut oil might be liquid or solid depending on the temperature of the room you are in. Your hands will warm it up and melt it into the mixture if it's solid, just be sure to mix it all through the other ingredients so there aren't any chunks of oil left.
- Spread the mixture in a thin layer on a baking sheet and bake for 10 minutes, until very lightly toasted. You can bake this in batches if you need to, but just make sure it's thinly spread on a baking tray.
- Cool before serving or storing.

**Serves:** 5

**Portion Fix:** measure 1 blue container (35g) but count as ½ yellow container due to sugar content in maple syrup and dried fruit

*[www.shapeyourowndestiny.co.uk](http://www.shapeyourowndestiny.co.uk)*