



Granola

Ingredients

- 4 cups rolled oats
- 1 cup threaded coconut
- ½ cup Pumpkin seeds
- ½ cup sunflower seeds
- ½ cup chopped Almonds
- ½ cup neutral oil
- ½ cup maple syrup
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- ½ cup dried cranberries

Method

1. Pre heat the oven to 160c
2. In a large mixing bowl, combine the oats, nuts, seeds and spices. Add the maple syrup and oil and Stir to blend.
3. Bake until lightly golden stirring occasionally for approx. 20-30 min.
4. Let the granola cool completely and add the dried cranberries
5. Store in an airtight container and serve with your favourite yoghurt, milk and berries.