

Honey Granola

based on Healthy Chef Granola by Teresa Cutter



Ingredients

300 g rolled oats
100 g raw almonds
100 g cashews
100 g pumpkin seeds
50 g coconut flakes
50 g Kwongan honey
1 tsp ground cinnamon
zest from 1 orange
1 tsp vanilla bean paste
100 g dried mango, chopped
50 g dried cranberries

Method

Preheat the oven to 120°C

Combine oats, almonds, cashews, pumpkin seeds & coconut flakes

Combine in a separate bowl, the honey and vanilla, cinnamon + orange zest

Pour into the dry ingredients and mix through well until honey coats the oats and nuts.

Line 2 large baking trays with baking paper.

Divide the granola onto the trays and spread the mix out evenly.

Toast the muesli for about 1 hour or until the grains and nuts get a lovely golden colour. Make sure not to overcook and burn them, best to check the granola during the toasting time and give it a light mix.

Cool on the trays until crunchy and then add dried fruits.

Store in a sealed container to keep it fresh.