



Crunchy Granola
(about 12 servings)

- 400g Rolled Oats**
- 3 tbsp Sesame seeds**
- 2 tbsp Linseed**
- 100g almonds (substitute if desired)**
- 100g brazil nuts (substitute if desired)**
- 100g dried shredded coconut**
- 3 tbsp honey or agave**
- 3 tbsp olive oil**
- 1 tsp ground nutmeg**
- 1 tsp ground cinnamon**

Line two baking trays with non stick paper
Heat oven to 150c or gas 2
Warm honey, olive oil, cinnamon and nutmeg in a pan, stirring, until just melted
Pour the liquid over the dry ingredients tossing well
Bake for 20-30 minutes, shuffling around every so often to prevent sticking
Remove from the oven to cool
Serve with plain yogurt and fresh, tinned or frozen (defrosted) fruits

Nutrition per serving (approx 40g)

(Without nuts)	(With nuts)
Calories 216 kcal	Calories 326kcal
Salt 0.02g	Salt 0.02g
Sugar 5.6g	Sugar 6.3g
Fat 8.4g	Fat 18.1g