



Home Made Granola

Here's a great recipe to try. It accompanies the Homemade Granola film with Frances and Francesca. This recipe makes 15 x 55g portions and if you store it in a jar it will last for up to a month.

Ingredients

Makes 15 x 55g portions	CHO	Protein
2 tablespoons vegetable oil		
125ml maple syrup	80g	
2 tablespoons honey	28g	
1 teaspoon vanilla extract		
300g jumbo/rolled oats	213g	33g
50g sunflower seeds 10g	10g	
4 tablespoons sesame seeds 7g		
50g pumpkin seeds	6g	9g
150g flaked almonds 30g	15g	
50g sultanas	35g	
50g dried cranberries	40g	

Each portion: 28g carbs + 6g protein

Method

Heat oven to 150C/fan 130C/gas mark 2

Mix oil, syrup, honey and vanilla in a bowl

Add oats, seeds and nuts and mix well

Spread ingredients evenly on 2 lined baking trays and bake for 15 minutes

Add dried fruit evenly and cook for another 10-15 minutes

(If you forget and add it all together, bake everything for 25 minutes but stir halfway so fruit doesn't burn)

Leave to cool on a rack and then mix up together and store in a jar for up to a month

Serve with 125g Greek yogurt (8g protein, 6g carbs)

Bon Appétit



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