



Presents

#StrikeTheSpike

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	Carbohydrates	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	10g	30g
50g sultanas	35g	
50g dried cranberries	40g	

Each portion: 28g carbs + 6g protein

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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).



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Strike the Breakfast Spike Page.