

Christmas Granola

Ingredients

1. 1 cup of rolled oats (gluten-free, if needed)
2. ½ cup of whole unblanched almonds,
3. ½ cup of pumpkin seeds
4. ½ cup of pecans
5. ½ teaspoon of coconut oil
6. 1 tbsp Manuka honey
7. 1 tablespoon of lemon juice
8. ½ teaspoon of cinnamon
9. ½ teaspoon ground nutmeg
10. 3 tablespoons of dried cranberries
11. 2 tablespoons of coconut flakes



Method:

1. Pre heat the oven to 140 degrees/120 fan
2. Combine the oats, almonds, pecans and seeds together in a large bowl.
3. Place the coconut oil and honey in the bowl and mix with nuts and seeds
4. Stir in lemon juice, cinnamon and nutmeg to the mixture. Stir well.
5. Spread the mixture on to a baking tray and bake for 45 minutes. Stir every 15 minutes
6. When golden remove the granola from the tray and leave to cool. Stir in dried cranberries and coconut flakes. Toss well and serve with Greek Yoghurt.
7. Store remainder of mixture in an air tight container and keep for up to 7 days.