

Ballynahinch Granola

(to make 900g)

Ingredients:

400g Porridge Oats

60ml Sunflower Oil

50ml Maple Syrup

50ml Honey

50g Flaked Almonds

40g Pecans

30g Hazelnuts

50g Desiccated Coconut

100g Mixed Seeds

½ teaspoon Vanilla Essence

50g Sultanas

50g Dried Apricots

Method:

- Put the oats, almonds, pecans, hazelnuts, coconut and seeds into the mixer on low speed.
- Mix the oil, honey, maple syrup and vanilla essence in a jug and pour onto the oat mix, ensure it's well mixed.
- Spread the granola mix onto baking trays and bake at 150°C for 30 mins, stirring after every 10 mins.
- Turn down the temp to 140°C and bake for 30 mins until golden brown, stirring every 6/7 mins.
- Remove from oven, allow to cool and add the sultanas and apricots.
- Store in an airtight container.