



**NUTRITION
MISSION**

optimising your health, naturally

www.nutritionmission.co.uk



GRANOLA

Serves 4

Ingredients

225g oats
60g sunflower seeds
60g flaked almonds
60g crushed hazelnuts
2 tablespoons clear honey
2 tablespoons rapeseed oil
85ml filtered water
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon vanilla extract
A pinch of ground allspice
85g (mixed) chopped dates, raisins and apricots

1. Heat the oven to 375°F/190°C/gas mark 5.
2. Mix the oats, sunflower seeds, almonds and crushed hazelnuts together in a bowl. In a separate bowl combine the honey, oil, water, vanilla and spices. Add the oat mixture and mix well.
3. Spread the mixture out onto a lined baking tray and bake in the oven for 30-40 minutes until evenly browned.
4. Cool and mix in the dried fruit.
5. When ready serve with soya, rice or oat milk, natural yoghurt and fresh fruit.

* Gluten free, wheat free, dairy free

* Vegetarian

* Can be made in advance

© 2009 Nutrition Mission

18 Darnel Hurst Road, Four Oaks, Sutton Coldfield, West Midlands, B75 5NE.

Email: info@NutritionMission.co.uk

Tel: 0844 504 8338

Fax: 0844 504 8339