

# Granola – base recipe

Makes 30 portions

400g mixed fresh or frozen fruit

120g dairy-free margarine

300g honey / 200g light muscovado sugar

1.2kg oats

150g choice of mixed seeds – chia, linseed, pumpkin, sesame, sunflower

500g choice mixed nuts

500g dried fruit

1. Take any inedible parts off your choice of fresh or frozen fruit. Leave skins on apples and pears. Roughly chop up and place in a food processor. Blitz to a liquid. This should make 450ml liquid. Add more fruit if not.
2. Place the fruit liquid into a large saucepan and add the dairy-free margarine and honey or sugar. Melt together over a medium heat.
3. Weigh the oats and seeds into a large mixing bowl. Pour in the melted mixture and mix together to coat the dry ingredients.
4. Gather 2 or 3 large oven trays. Divide the mixture between the trays. Break up the mixture into small pieces.
5. Divide the mixed nuts between the trays. Set the oven to 120°C (fan oven), gas mark 2. Equally space the trays in the oven.
6. Bake for 1 – 1 ½ hours, stirring every 15 minutes. Check after 1 hour, if the mixture is still wet, continue baking until almost dry. Once cooked, leave in the oven overnight.
7. The next day check for any remaining moisture. If it is still moist, bake at 120°C for 30 minutes.
8. Stir in any dried fruit.
9. Once the mixture is cool and fully dried, store in an airtight container and eat within one month.

Flavourings such as vanilla or grated orange zest can be added with the liquid. Try adding flaked or desiccated coconut before baking.

Granola is great on its own as a snack to fill a hungry gap or mixed with yoghurt for breakfast or a snack.



