

CRUNCHY GRANOLA

INGREDIENTS:

175g MIXED NUTS
450g ROLLED OATS
50g SESAME SEEDS
50g SUNFLOWER SEEDS
PINCH OF SALT
125ml SUNFLOWER OIL
100ml HONEY
85g DRIED BERRIES

METHOD:

Preheat the oven to 190C/Gas 5/fan oven 170C.

Mix the nuts, oats, sesame seeds, sunflower seeds and a pinch of salt in a large bowl.

Add the oil and honey. Stir together with a fork to break up any big clumps.

Extend on to a large baking tray in a thin layer. Bake for 20-25 minutes, stirring well at least twice and bringing the mixture in from the edges, until it is golden.

Transfer to a large bowl and leave to cool.

Mix in the berries.

Store in airtight container (up to 1 month).