



MBE GRANOLA

Preparation and cooking time: 45 minutes - Serves 10

Ingredients

1. 200g rolled oats
2. 150g nuts, eg. hazel/walnuts
3. 50g desiccated/flaked coconut.
4. 50g pumpkin seeds
5. 1 tsp ground cinnamon
6. 85g coconut oil
7. 1 x egg white (optional)

Method

1. Preheat oven at 160 C/140 C fan
2. Put grease proof paper on a large baking tray
3. Mix all the dry ingredients in a large bowl
4. Whisk the *egg white (if using) in a separate bowl until soft peaks appear. It should be white and creamy. It can take 5-7 mins with a form/hand whisk; or 3 mins with a handheld whisk!!
5. **Add the coconut oil and egg white to the large bowl and combine well
6. Spread the mixture on the lined baking tray
7. Bake for 25-30 mins, or until golden brown
8. Check the granola at about 15 mins and mix lightly. Adjust heat lightly if required
9. Turn the oven off and leave it in the oven with the door ajar until it cools
10. Once fully cooled, store in an airtight container for up to a week.

*egg whites can be bought in supermarkets. Very hard for that extra bit of protein!!

**melt the coconut in the microwave so it is liquid.

Enjoy this yummy and healthy granola with your porridge; or served with full fat yogurt for breakfast/snack or dessert. Great with fresh berries too! Kids love it...You could add some honey to sweeten it for the kids at stage 5 with the wet ingredients!!