

The perfect granola



Ingredients

(makes 1 large jar)

40g coconut oil

120ml honey

½-1½ flaked salt

170g jumbo rolled oats

170g grain of your choice, eg spelt,

barley or rye flakes (or twice the amount of oats)

200g mixed nuts, roughly chopped (I like

almonds, pistachios, pecans and macadamias)

50g pumpkin seeds or seeds of your choice

50g coconut shavings (available at health food shops)

1 large egg white

80-100g mixed chopped dried apricots, dates and sour cherries (or dried fruit of your choice)

Directions

1. Heat the oven to 150C and line a baking tray with greaseproof paper. Put the oil, honey and salt together in a small pan and heat gently until the oil has melted and they're all well combined. Take off the heat and allow to cool slightly.
2. Mix the dry ingredients, apart from the fruit, in a large bowl. Stir the honey and oil into the bowl until well distributed. Beat the egg white in a separate bowl until frothy, then toss with the mixture.
3. Spread out on the baking sheet and bake for about 30-35 minutes until golden, stirring occasionally so it cooks evenly, and more regularly if you'd prefer a looser texture.
4. Leave to cool and crisp up on the tray, then stir in the fruit. Store in an airtight container.