


## HOMEMADE GRANOLA

VEGETARIAN




 Serves  
10

 Makes 5  
cups

 Prep Time 15  
mins

 Cook Time 25-30  
mins

 Easy  
As

For a vegan version, refer to the milk/dairy free Top Tip below.



### INGREDIENTS

- 2 cups Wholegrain Oats
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup sliced almonds
- 30 g Gregg's Hemp Seeds

### METHOD

1. Preheat the oven to 160°C (fan assisted)  
\*. In a mixing bowl put oats, pumpkin and sunflower seeds, sliced almonds, **Gregg's Hemp Seeds**, coconut chips and **Gregg's Ground Cinnamon**. Mix together.

- ½ cup coconut chips
  - 1 tsp **Gregg's Ground Cinnamon**
  - ¼ cup coconut oil
  - ¼ cup maple syrup
  - 1 tsp vanilla extract (optional)
2. Gently melt the coconut oil over a low heat or in the microwave. Stir in maple syrup and vanilla extract, if wished. Pour into the dry ingredients and mix well. Tip into a large baking or roasting tray, spreading the mix out to form a thin layer. Bake for 10 minutes. Remove from the oven and toss. Return to the oven and bake a further 15-20 minutes, tossing again to ensure even cooking. The granola should be golden brown. Remove from the oven and cool completely on the tray.
  3. Mix through dried fruit if wished. Store in an airtight container. Serve with yoghurt and fresh fruit.

Granola can be kept in the airtight container for up to 4 weeks.

## TIPS

- Cooking at a low temperature will help ensure the granola evenly browns. Too high and the edges of the granola will burn. Tossing regularly also helps to achieve a golden and crunchy granola.
- Sprinkle crunchy granola over fruit smoothie bowls.
- Great sprinkled over ice cream or stewed fruit.
- For a milk/dairy free option - use a plant-based milk alternative such as soy or almond milk, yoghurt or ice-cream.

## SWAP IT OUT

- Replace coconut oil with vegetable oil if wished - It won't be necessary to heat the oil before mixing in the maple syrup and vanilla extract.

## SWITCH IT UP

- Add a cup of your favourite dried fruit - cranberries, sultanas, raisins, chopped apricots, chopped dates will all work well.