



# Ballybrado Homemade Granola

## Ingredients

250g Ballybrado Organic Jumbo Oat Flakes

150g desiccated coconut, nuts and seeds of your choice

50ml rapeseed oil

150ml maple syrup

2 Tbsp sugar

100g dried fruit of your choice, chopped

## Method

1. Pre-heat oven to 180° C top/bottom heat
2. Mix your Ballybrado Organic Jumbo Oat Flakes with the desiccated coconut, nuts and seeds of your choice
3. Heat rapeseed oil, syrup and sugar gently in pot - do not let boil!
4. Add syrup mixture to dry ingredients and mix well
5. Spread mixture evenly on lined baking tray.
6. Bake for 10 mins, take out tray, turn the granola on the tray and bake for another 8 – 10 mins. until golden brown from all sides. Make sure it doesn't burn!
7. Take from oven, let cool completely.
8. Add chopped dried fruits and mix well.
9. Enjoy!

Your homemade granola will usually keep for up to 2 weeks in an airtight container.

Making your own granola tastes so great, and you know exactly what's in it. Hazelnuts, peanuts, pecans, coconut, sunflower, pumpkin, sesame or chia seeds – the list is endless! We love dried sour cherries and cranberries in our granola – what's your favourite dried fruit? Why



not add chocolate drops or cocoa nibs to your granola? Just remember – anything that wouldn't survive the oven is added at the end. If you don't like your granola so sweet, why not reduce the amount of syrup? Or increase, if you have a sweet tooth.