Jamie's Easy Granola

This easy granola recipes uses quick-cooking oats, mixed nuts, mixed seeds and shredded coconut. Serve with low-fat milk or yogurt for a quick breakfast or a snack.

**Ingredients**

- 2 cups quick-cooking oatmeal (not instant)
- 1 heaped cup mixed nuts (walnuts, almonds, hazelnuts etc)
- 1/4 cup mixed seeds (sunflower, poppy, pumpkin, sesame)
- 3/4 cup unsweetened shredded coconut
- 1 teaspoon ground cinnamon
- 5 tablespoons maple syrup
- About 3 tablespoons olive oil
- 1 1/2 cups dried fruit

**Preparation**

Preheat oven to 350°. Put oatmeal, mixed nuts, mixed seeds, coconut, and cinnamon on a baking sheet. Stir well; smooth out. Drizzle with maple syrup and olive oil; stir. Bake 25-30 minutes. Every 5 minutes or so take out and stir, then smooth down with a wooden spoon and put back in oven. When granola is golden, remove from oven, mix in dried fruit (roughly chop any large pieces); let cool. Serve with milk or yogurt. You can keep leftover granola in an airtight container about 2 weeks, but it's so delicious we'll be surprised if it lasts that long!

**Calories per serving:** 184  
**Fat per serving:** 10g  
**Saturated fat per serving:** 3g  
**Monounsaturated fat per serving:** 5g  
**Polyunsaturated fat per serving:** 2g  
**Protein per serving:** 3g  
**Carbohydrates per serving:** 22g  
**Fiber per serving:** 3g  
**Cholesterol per serving:** 0.0mg  
**Iron per serving:** 1mg  
**Sodium per serving:** 22mg  
**Calcium per serving:** 34mg