

Jamie's Easy Granola



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This easy granola recipe 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
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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

