

Maple Pecan Granola

Nuts and seeds are packed with vitamins, minerals and fibre, and this easily made granola is a good way to eat them. Sprinkled over plain yoghurt, this nut-based granola makes a filling breakfast, or nibble on it later in the day for a sustaining snack.

Ingredients

100g pecans, chopped
60g flaked almonds
90g pumpkin seeds
50g unsweetened desiccated coconut
Pinch of salt
12g coconut oil, melted
2 tbsp (30g) maple syrup
70 g dried cranberries

1. Preheat the oven to 150°C/Gas Mk2
2. Combine the nuts, seeds, coconut and salt in a large bowl
3. Melt the coconut oil and maple syrup together, then mix with the dry ingredients until well combined
4. Spread onto a baking sheet lined with baking parchment. Put into the oven for 15-18 minutes until golden
5. Allow to cool completely on the sheet then add the cranberries and toss to combine. Store in an airtight container

