



## Nut free Granola

*As my children are allergic to nuts but enjoy eating granola, I decided to create my own recipe. I have adapted this recipe to ensure no nuts but they can be added to add further flavor and texture.*



Ingredients:

2 packets (2 x450g) Rolled oats or gluten free oats

1 Cup Desiccated coconut

4 Tablespoons of olive oil

2 Tablespoons of rice bran oil

1 Tablespoon honey, or date honey

1 Teaspoon cinnamon

1 Teaspoon vanilla essence

Pinch of salt

Handfuls of:

Cranberries, gogi berries, banana chips,

Tablespoon of Linseeds, sesame seeds,

chia seeds. Hemp seeds

### **Directions:**

1. Turn oven onto 180
2. Place the rolled oats on a baking tray, line with baking paper
3. Place into the oven for 5 minutes= check it does not burn, mix it around
4. Heat the oil and the honey together add the vanilla essence and the cinamon, add the salt
5. Place back in the oven and mix the oats with the heated liquid- to ensure it is browning well
6. Remove from the oven – mix again
7. add the coconut- mix- turn down the heat to 120 leave for 10 minutes
8. Turn down the heat
9. Remove from the oven and let the oats cool
10. Add the seeds and dried berries
11. Store in air tight containers for up to 1 wee